ELBOW PAIN TENNIS ELBOW

Created by Barnstaple Alliance Primary Care Network Mar 21st, 2025
View videos at www.HEP.video

COMMENTS

This rehab programme is to help you recover from lateral elbow pain. It should be followed for 12 weeks.

The aim of the below exercise programme is to progress to three sets of 15 repetitions per exercise.

Remember this is a target to work towards. You do not have to do three sets of 15 repetitions at the start of this programme.

You should work within pain tolerance.

It is normal to experience pain during rehab, but this should be kept to within three to four out of 10 on a pain scale.

If you are working into symptoms, you need to reduce your repetitions, the resistance, the sets, or how long you hold the exercise for.

It is normal to feel pain during rehab. However, it is important to know that this is not harmful.

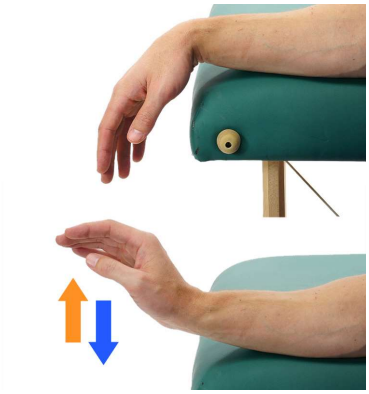
Bear in mind, if you are exercising into pain, your symptoms are likely to continue.

It is very important to reduce or avoid, where possible, activities that make your symptoms worse. If you're able to do this, you will likely have a quicker recovery.

You can use medication to manage pain as advised by your healthcare professional.

You do not have to use medication to moderate your symptoms. However, if you feel your symptoms are not manageable, then it is something to consider.

To help manage your pain, you can also use thermal applications such as heat or ice packs, something that is physically hot or cold, not something you rub on your skin, though these can be helpful, they are not a substitute. Make sure you protect your skin when doing this to avoid burns.

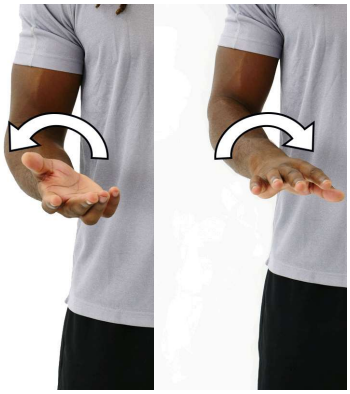


WRIST EXTENSION AROM - TABLE

Rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Video # XVNEJ4438

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



ELBOW 90 - PRONATION SUPINATION

Bend your elbow to 90 degrees as shown. Begin by rotating your forearm so the palm of your hand is facing upwards and then rotate your forearm the opposite direction so that your palm is facing downward.

Video # XV9JQTGQU

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Video # XVSS6LYBB

Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



WRIST EXTENSION ISOMETRIC

Bend your wrist back and resist into your other hand.

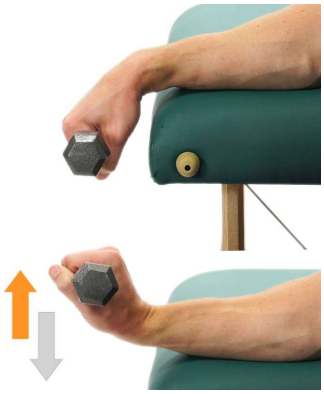
Repeat 15 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day



TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 15 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day

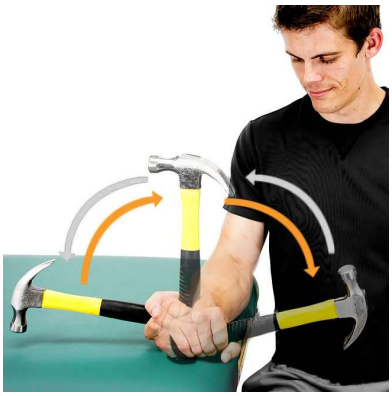


WRIST EXTENSION CURLS - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Video # XVVVD8XEX

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown.

Video # XVMWRFPTG

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day