

# TENNIS ELBOW EXERCISES



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## Exercise Your Elbow Pain-Free

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## **About the Authors:**

### **Tim Allardyce**



Tim is a highly respected osteopath and physiotherapist and is recognised as one of the leading upper limb rehabilitation specialists in the UK. Following 7 years of training in rehabilitation, conditioning, biomechanics and kinetics, Tim now runs '*Croydon Physio and Osteopathy*', a successful private practice in South London which treats over 200 patients every week.

Tim treats and works alongside a variety of sportspeople, ranging from top golfers, International footballers and Olympic

Weightlifters, to World Champion kayakers and Britain's top female sprinters.

Tim is a regular contributor to magazines such as 'Golf Punk' and 'Cycling Weekly'. His features in 'Men's Fitness' and 'Health Plus' have proved popular, and have indirectly helped thousands of people who have read his articles, tips and advice. He is also a regular contributor on BBC Radio Five Live, discussing a range of injuries to sports stars.

### **Niamh Wright**

Niamh is a senior practitioner at '*Croydon Physio and Osteopathy*', and has assisted me in writing this book. She has spent 4 years training at the British School of Osteopathy, and seen a wide variety of patients, including some of Britain's top sprinters, triple jumpers, squash players and golfers. Niamh has invested a great deal of time to research and the treatment of elbow related injuries.



## Preface:

Tennis elbow does not only affect professional sportspeople (mainly the players of racket sports). It can affect anyone, at any time.

The aim of this ebook is to provide you, the public, with a straightforward yet effective approach to treating your own elbow pain. I have been researching elbow rehabilitation techniques for many years and have been using different approaches on hundreds of patients with great success. My research and experience mean that I can now bring you the most effective exercises out there; I've done all the hard work, so you don't have to!

Elbow pain is becoming increasingly common worldwide, with more sufferers than ever now seeking treatment. Many people ask us why they suffer from elbow pain. In my opinion one of the biggest reasons is increased in computer use, which over-uses the forearm muscles and repetitively aggravates the tendons in the elbow.

I have designed this book to treat tennis elbow, but in fact these exercises can treat virtually any elbow condition!

Elbow conditions usually build up over months, if not years, before they actually cause pain. This is especially true of tennis elbow. You may only have suffered from tennis elbow for a few weeks, but in reality, it is likely to have been building up for months before you actually feel the pain. As a result, many elbow conditions become chronic and can last for months. This is why you must **ACT NOW** to stop this condition lasting for months or even years.

You have made a sound investment by buying this book, and choosing to rehabilitate your own elbow!

Persevere, stay focused with the exercises, and good luck.

## Chapter 1 – How will this Book Help Me?

Question: Do you suffer from Elbow Pain or Stiffness?

If the answer is "Yes", then this book **WILL** help you.

This book is aimed at everyone with "true" elbow pain. What I mean by "true" shoulder pain, is pain that originates from the elbow joint. Sometimes elbow pain can derive, or be referred, from other areas such as the neck or shoulder and so it is worth having your elbow pain diagnosed first by your doctor, physiotherapist or osteopath to make sure you ARE suffering from "true" elbow pain.

Can this book cure you? If you are suffering from tennis or golfer's elbow, then in many cases if you follow my advice you will find total pain relief. If you are recovering from elbow surgery, this book will help you regain mobility and reduce pain. But it all depends on the level of elbow pathology (disease) you have. For example, if your elbow is badly arthritic, or you have a fractured elbow, then this book won't cure you (but it will probably help you).

If the elbow pathology is too advanced and physiotherapy fails, and you follow all the advice in this book but don't end up completely pain-free, then you may need to consider other options such as injections, or even corrective surgery. This book does not go into detail about elbow surgery. If that is what you require then you should purchase my book: "**Exercise Your Elbow After Surgery**".

There are three exercises in the book that focus on the neck, because poor neck posture can influence the elbow position. But this book does not go into detail with regard to neck pain, nor pain in the upper arm, wrist or shoulder. If you actually suffer with neck pain, then you should purchase my book: "**Neck Pain Exercises**". If you suffer with shoulder pain, please purchase my book "**Exercise your Shoulder Pain-Free**" [www.exercisesforshoulderpain.com](http://www.exercisesforshoulderpain.com)

## **How to Use this Book:**

There are a number of ways in which to use this book. You can either read it from cover to cover, then go back to the exercise section and commence the exercises. I recommend that you read the tips and advice section at least twice, as this is a vital area. Then turn to the exercise section and start at Level 1.

For those who are short of time, just follow my amazing Five Minute Elbow Pain Relief! Just perform the exercises once per day for five minutes and you will start to get some improvement in your pain and stiffness.

## **Red Flags**

There are some “**red flags**” associated with elbow pain which may indicate a warning sign of more serious pathology or disease. If you find that any of these red flags are relevant to you, check your elbow pain with your doctor, physiotherapist or osteopath before embarking on the exercise programme.

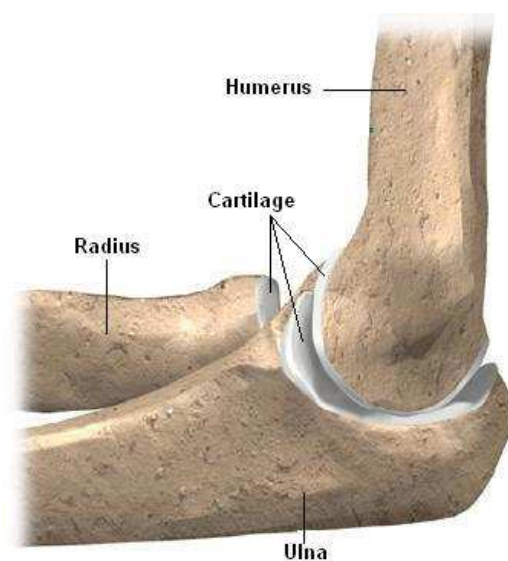
1. Elbow and/or arm pain associated with breathlessness, chest pains or in persons with a history of cardiovascular disease. Go to hospital straight away.
2. Elbow pain which shoots from the neck down into the arm, potentially indicates nerve entrapment. May or may not have a loss of sensation in the arm/hand and/or weakness of arm/hand movements.
3. History of malignancy or symptoms/signs consistent with weight loss, deformity, mass or swelling (especially under the armpit or breast) or abdominal discomfort/swelling.
4. Elbow pain associated with a prolonged fever, a feeling of lethargy or accompanied with widespread joint and muscle aching.
5. A change in elbow contour, especially after trauma, which may indicate a dislocation.
6. Elbow pain directly related to eating food, or soon after eating food.

## Chapter 2 – How does the Elbow Work?

If you suffer from an elbow injury, you should try to grasp some knowledge of how the elbow joint works to help you understand your condition. If you find this chapter too technical, don't worry... just follow my exercise programme and advice section, and you will feel a lot better.

The elbow is an important joint in the body because it functions to orientate the hand. In evolutionary times, we used our elbows to eat, hunt and carry tools. Nowadays, we rely more heavily on the elbow joints for our jobs (for example using keyboards and writing) and in sport.

The elbow joint is made up of three bones: the Humerus (upper arm bone), the Radius and Ulna (both in the forearm).



There is a cartilage covering at the ends of these three bones, which aids in the smooth movement of the joint. However, it can be susceptible to wear and tear or arthritis.

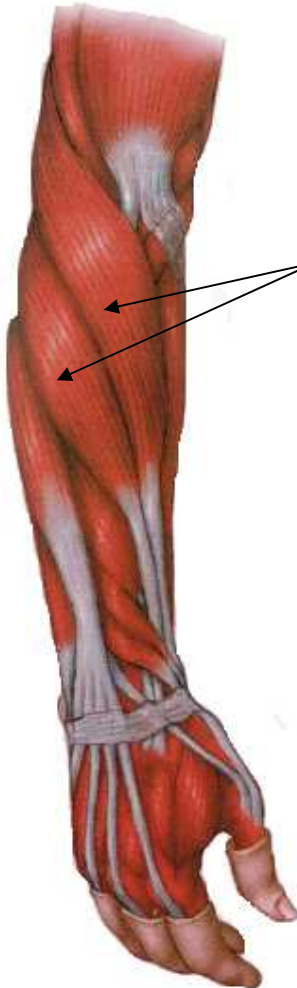
The elbow joint has two main ligaments, known as the collateral ligaments, which give strength and support to the joint. These ligaments do not have a significant impact on the cause of tennis elbow or golfer's elbow.

The elbow is a hinge joint that works in a very similar way to a hinge on a door. Its primary movements are bending (flexion) and straightening (extension). This movement involves the humerus and ulna bones.

## Tennis Elbow Exercises

Obviously the elbow is more complex than a door hinge as it also has some rotational movements. The radius can actually rotate so that it crosses over the ulna and allows us to turn our hands palm up and palm down.

Many muscles cross the elbow joint, but the main ones are the Biceps and Triceps. The Biceps bend the arm, and the Triceps straighten the arm. These muscles do not have a significant impact on the cause of tennis or golfer's elbow.

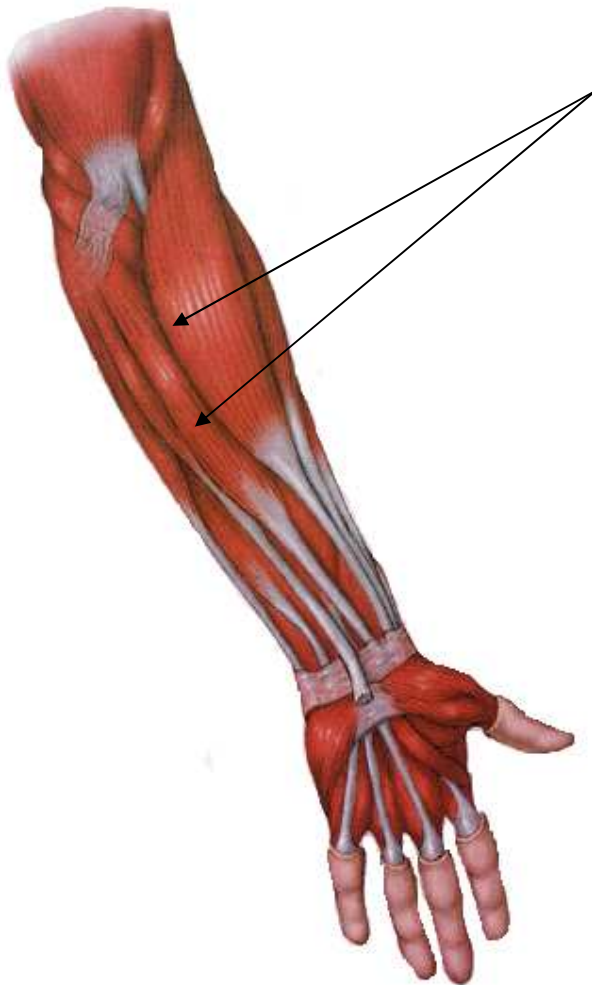


The muscles that directly aggravate tennis elbow are the **forearm extensors**.

They are responsible for extending the wrist. If you are unsure how a wrist extends, try waving at someone. This is extension.

The tendons of these muscles are attached to the outside of the elbow.

They are used when playing a backhand shot in tennis, typing on a keyboard, or playing the piano. Hence all of these activities may cause tennis elbow.



The muscles that directly aggravate golfer's elbow are the **forearm flexors**.

They are responsible for flexing the wrist. If you are unsure how a wrist flexes, imagine holding a bowl of soup or a bag of sugar in your open palm. Now bend the hand towards the shoulder. This is wrist flexion.

The flexors are found on the inside or palm side of your forearm. The tendons are attached to the inside of the elbow.

They are used when playing golf, performing weight training (bicep curls in particular), carrying bags and gripping. Hence all of these activities may cause golfer's elbow.

## Chapter 3 - What Causes Elbow Pain?

Many of us will experience elbow pain at some stage in our lives: It is a very common problem. But it is vital to diagnose the pain accurately so that the elbow can be rehabilitated and treated as soon as possible. Here are some of the more common causes of elbow pain, with a brief explanation of each cause.

**Tennis elbow** is the most common elbow injury. This book specifically looks at treating this injury. Chapter 4 is dedicated purely to tennis elbow, but there are some other causes of elbow pain to consider.

**Golfers Elbow** – this is also known as “medial epicondylitis”. It causes pain on the inside of the elbow joint. The pain is caused by the pull on the bone from the muscles that flex the wrist. It is common among golfers. The bone then gets inflamed and as people repetitively use their wrist, the inflammation increases, as does the pain. This book will definitely help you relieve golfer’s elbow.



*Point of interest: Golfer’s elbow is 5-8 times less common than tennis elbow.*

Tennis Elbow v Golfer’s Elbow	
Pain on the outside of the arm	Pain on the inside of the arm
Caused by the forearm extensor muscles	Caused by the forearm flexor muscles
Occurs more often in Tennis and racket sports	Occurs more often in golf

**Arthritis** – this is wear and tear of the elbow joint. The smooth cartilage that coats the ends of the bones gradually wears away and exposes the bones underneath. The bones then rub together and cause pain.

**Bursitis** – this is inflammation of the bursa (fluid filled sac). The most common one to become inflamed is the Olecranon bursa, which is

situated at the bony part under the elbow. It can become inflamed when we lean on the elbow a lot (hence the term "Student's Elbow").



**Subluxation of the radial head** – this is an incomplete dislocation of the head (top) of the radius. Children in particular sustain this injury due to being swung or pulled by the arms.

**Fracture** – avulsion fractures are the most common type of fracture found in the elbow. This usually happens when a person falls onto the elbow and part of the ulna breaks off. Most people go to hospital with severe pain and immobility of the arm and surgery is the likely outcome.

### **Elbow pain can also be referred from other areas such as:**

**Nerve root irritation** –if the lower nerve roots in the neck become impinged, they can refer pain to the elbow. This is not 'true' elbow pain and is not going to be helped by the exercises or advice contained in this book.

**Shoulder** – if there is a problem with the shoulder, then the pain can refer to the elbow. Shoulder Impingement Syndrome is a common cause of pain that can refer to the elbow.

**Heart** – cardiovascular problems commonly refer pain into the left arm and chest. Sometimes this pain can be referred as far as the elbow. If you have shortness of breath or chest pain/tightness, please go to hospital.

**Carpel Tunnel Syndrome** – this occurs when size of the carpal tunnel in the wrist is significantly reduced. It causes a nerve in the wrist to become impinged which can sometimes refer pain to the elbow.

## Chapter 4 – Tennis Elbow

Tennis elbow is a very common condition, and according to recent research it affects between 1 and 3% of the general population and between 40-50% of tennis players. The most common sufferers of tennis elbow are aged between 40 and 60 years old.

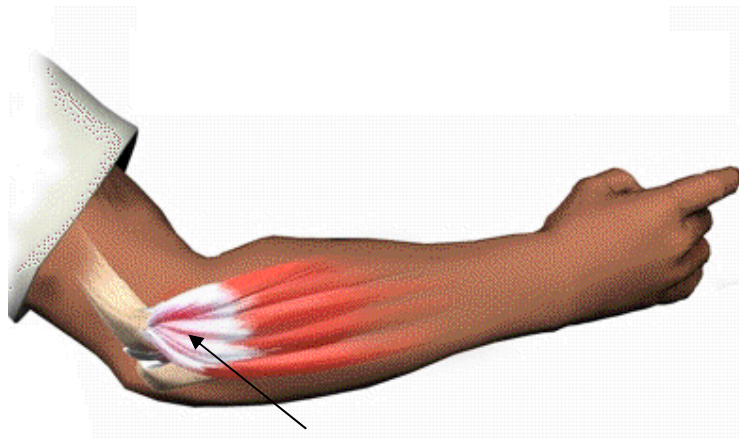
*Point of interest: 89% of people suffering with tennis elbow will recover within one year.*

Tennis elbow has been called many things over the years. The most recent "medical term" for tennis elbow is "**lateral elbow tendinopathy**". (It is also known as "elbow tendonitis", "lateral epicondylitis", "pitcher's elbow", and sometimes as a "repetitive strain injury").

Tennis elbow is usually caused by repetitive use of the muscles that extend the wrist. Typists, pianists and tennis players tend to be the most common sufferers. These muscles are small and not designed for the repetitive use demanded by our current lifestyle. They are designed for fine dexterity movements.

People with tennis elbow usually feel pain on the outer part of their elbow, spreading into the forearm. This pain can radiate down the arm as far as the wrist and fingers. The pain is felt during movements of the wrist, especially extension. Many people find it painful to lift a mug of tea, push a door open or put weight on their hand. They also complain of weakness in grip. Sometimes people complain of pins and needles in the elbow or forearm and very occasionally there is swelling in the elbow. These are the symptoms of tennis elbow.

The small muscles in the forearm that extend the wrist all have a common attachment point on the lateral epicondyle of the humerus (the outside part of the elbow). The muscles of the forearm attach directly onto the bone via strong tendons. When these small muscles are used repeatedly they pull on the bone, which can cause an inflammatory reaction. This produces heat, swelling, redness and worst of all, pain in the elbow.



tennis elbow

Tennis elbow can be quite debilitating, and not just physically. It often affects people's jobs, so it can also have financial implications. It needs quick action so use the advice and exercises in this book to relieve your symptoms!

## **Chapter 5 - Advice for Elbow Pain Sufferers**

I see elbow pain sufferers every day in my clinic, and sometimes I find that sound advice can make a huge difference. Our feedback shows that this chapter alone is worth the cost of this book. How do we know that? Because every day patients pay us three times the cost of this book to listen to the same advice that is printed below!

Many patients claim that their doctors do not have enough time to give them such basic advice as how they should be using their arm, or what they should do to reduce the pain. So here is advice from someone who treats elbow pain, every day of the week:

### **1) Use, Don't Abuse**

Keep your elbow as mobile as possible. Use your elbow within its comfortable range to aid recovery. Do not completely rest your damaged elbow, as it will stiffen up....but also be careful not to over-do it. Do not step outside your comfort zone when using your arm. Don't put your elbow through the pain barrier.

### **2) Avoid Things that Hurt**

This may sound obvious, but most people with tennis elbow continue to do the same activity that is actually causing the pain! This is a useful tip for those keen golfers, weight lifters, tennis and badminton players. Whether you like it or not, the sports you have been playing have almost certainly contributed to your injury. Reduce the amount of tennis you are playing, or stop using the hammer or screwdriver for a few weeks. Be very careful when reaching for heavy objects, such as picking up a kettle.

### **3) P.R.I.C.E**

**P: Protect** – It is remarkable how many times you will knock your elbow when you have elbow pain. Try to protect your elbow from unnecessary stress and further injury. An elbow support will provide some protection. It helps to provide support as well as bring your injury to the attention of others, so they are careful not to knock into you. But only use the support when you need to (for example if you go shopping). Do not sleep in your support.

**R: Rest** – avoid overuse.

## Tennis Elbow Exercises

**I: Ice** - Application of ice works wonders for tennis elbow and most other elbow problems. This really can make a significant difference to your rehabilitation. It numbs pain, reduces swelling and inflammation, and aids the healing process. The application should be intermittent and not continuous. Ice should be applied immediately after any aggravating activity, for example carrying shopping or playing sport. You can use a cold pack, an ice bag or simply frozen peas wrapped in a towel. You should use the ice for 5 minutes at a time, five times a day. Position the ice bag on the elbow as shown below.



**C: Compression** – Using a tubigrip, elbow support or cohesive strapping (as shown below) helps to compress the area, which in turn supports the joint and reduces inflammation. Compression is best used during the early stages of the injury (usually the first two weeks), or just when you feel you need some extra support. Take care not to compress too tightly, and do not sleep with any strapping on.



**E: Elevation** – when the pain is acute, hold your arm above the level of your heart. This helps to reduce inflammation and pain. Make sure your arm is relaxed and well supported if you use this technique, and use it for around 30 minutes per day.

## 5) Heat

The application of heat is also very useful. Heat improves blood circulation, bringing fresh oxygen and nutrients to the affected area whilst at the same time, removing toxins and waste products. This action accelerates the healing process. Heat application also helps to relax the muscles, increases the flexibility of the tendons and provides a soothing feeling, all of which ease the pain and encourages a swifter healing process. Therefore it is a good idea to apply heat before doing any of the exercises in the book. Use a hot water bottle wrapped in a cover or towel for 20 minutes, three times a day.

## 6) Anti-Inflammatories

I don't generally recommend the use of anti-inflammatories (NSAIDs – non-steroidal anti-inflammatory drugs), but taking them in the first two weeks of suffering elbow pain, and using them in conjunction with the exercises, can help reduce pain and improve the range of mobility. Personally, I would recommend the use of ice/heat, but for those without any other health problems or those who may be short of time, NSAIDs can be beneficial. Always check with your doctor or pharmacist before self-prescribing, and always take after eating a meal.

## 7) Posture

Correct posture is key to easing and curing elbow pain. I cannot stress this strongly enough. I have therefore dedicated the next chapter purely to posture.

## 8) Osteopathy / Physiotherapy

Visit your local osteopath or physiotherapist, but don't expect to make a full recovery without the use of this book. I find that my patients who undergo treatment without following my prescribed exercises do not recover from elbow pain as quickly or as fully as patients that DO follow my exercise programme and advice. Using my exercise regime will also keep the treatment costs from mounting up. Osteopathic and

physiotherapy treatment can be useful if they complement the exercises in this book.

Physiotherapists and Osteopaths may use LASER and Ultrasound to help speed up tissue repair. LASER light causes the body cells to produce energy which helps with the healing process, while ultrasound stimulates blood supply to the area and reduces inflammation.



LASER can speed up tissue repair

Some physiotherapists use acupuncture to help promote the healing of tennis elbow and this is an avenue worth exploring with your practitioner.

## 9) Warm Up / Cool Down

It is important to warm up the arms before playing sports such as tennis, golf or cricket. A brisk walk is enough to start blood circulating to the muscles. It also helps to wear a long-sleeved jumper when warming up. Try performing "wrist and finger flicks" (where you flick the fingers as if you were flicking someone with water).

## 10) Advice For Racket Sports

- Increase your grip size on the racket
- Always check with your coach that you are using good/correct technique
- Have the string tension reduced on your racket
- Use a lighter racket
- Use a more flexible shaft
- Play with dry balls as they are lighter than wet balls. Avoid playing in the rain as the balls will get heavier
- Reduce the intensity, time and frequency of activity

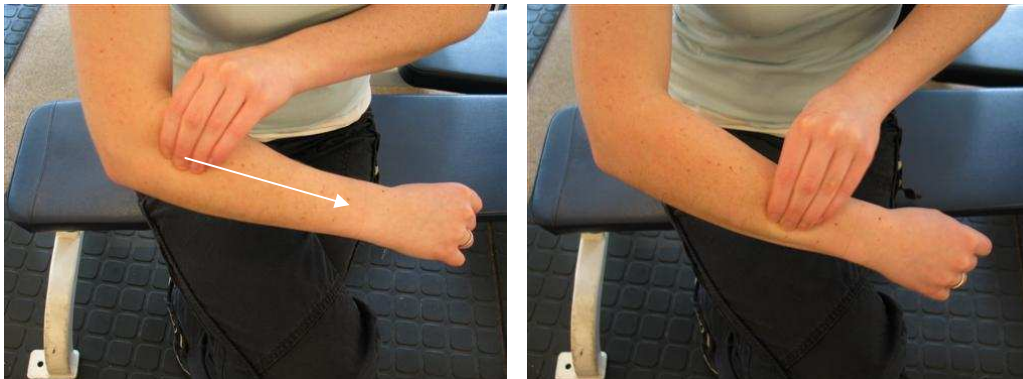
- Use a double-handed backhand to take the strain off the injured arm

## 11) Use a Tennis Elbow Support

A tennis elbow support sits just below the elbow, creating what is known as a “false origin” of the tendon. This means that rather than pulling against the bone, the muscle and tendon will pull against the tennis elbow supports instead, taking the strain off the tendon and reducing inflammation. These sorts of support are best used during sport, or when actively using the arm, and are not to be worn all the time.

## 12) Self-Massage

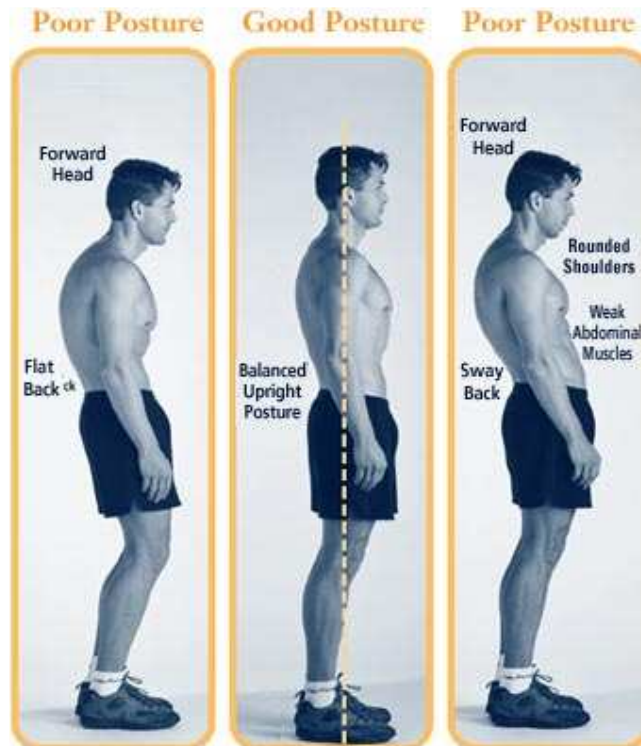
Massaging your forearm can help reduce tension in the forearm muscles, reducing the pull against the tendons and the elbow. Gently rub/knead the forearm muscles for around 2-3 minutes per day.



Please note: to order any products as discussed above please go to [www.tenniselbowpaincure.com/products.htm](http://www.tenniselbowpaincure.com/products.htm)

## Chapter 6 - Posture

If you have shoulder pain (that is non-traumatic in origin), it is likely that poor posture has been a contributing factor to your pain and discomfort.



The position of your head, neck and shoulders is important because they orientate the arm. If your shoulders drop forwards when you are standing or sitting, it rounds the arms inward. This creates a torsion and tension at the elbow, and is an important contributing factor to tennis elbow.

When standing the shoulders should be kept back and down, the head should be in a neutral alignment with the shoulders, and the chin and eyes should be level.

When sitting the feet should be kept flat on the floor with the lower back supported. The shoulders should be relaxed and back, not rounded, and the head should be held over the shoulders. Never droop forwards with rounded shoulders, legs crossed and inadequate back support.

## **Sitting / Workstation ergonomics:** *Important Information*

- Make sure the top of the computer screen is at eye level
- Ensure that your chair has an adjustable back rest
- ...with good back/lumbar support
- ...and one that is height adjustable
- The table should be high enough so you can slide your thighs underneath, and low enough so your arms can be positioned horizontally to the table
- Use a foot rest if your feet are not flat on the floor
- Keep the mouse and keyboard within easy reach. Do not outstretch your arms. Keep your arms at a right angle
- Use minimum wrist movement or use a wrist support for the mouse and keyboard
- Avoid slouching forwards over your computer
- Regularly change the position and the side you use the mouse to take strain off the same elbow.

## Chapter 7 – Exercises

*Introducing...*

### THE FIVE MINUTE TENNIS ELBOW PAIN RELIEF

There are some people who will read this book and say, "I don't have time to do all these exercises". So below are the most important exercises which will take you five minutes per day. They are for people who want to do the minimal amount of exercises but still see an improvement. Healing will likely take many weeks longer, but still some will find this routine perfect for their lifestyle.

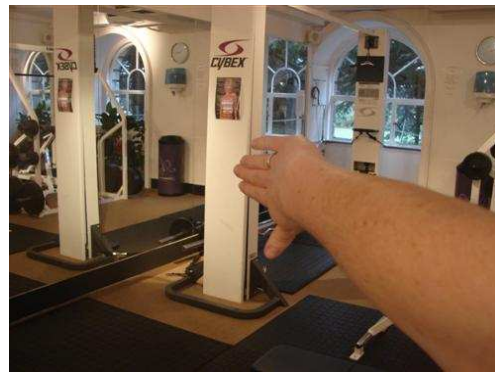
#### 1) Eccentric Tennis Elbow Exercise



- This is the most important tennis elbow exercise!
- Use a light weight (e.g. 1-2kg...or a small tin of beans)
- Use your good arm to lift the hand of your bad arm
- Now let your wrist slowly drop down
- Lift your bad hand back up to the starting position
- Perform 10 repetitions 3x

#### 2) Forearm Extensor Stretch

# Tennis Elbow Exercises



- Raise your affected arm to about 90 degrees (in line with your shoulder)
- Turn your hand so that your thumb is pointing down
- Bend your wrist
- With the unaffected hand, increase the stretch in the forearm
- Hold for 30 seconds and repeat 3x

### 3) Forearm Flexor Strengthening with band

# Tennis Elbow Exercises



- Hold the top of the theraband with your affected hand
- The palm of your affected hand should be facing upwards
- Bend your wrist upwards against the resistance as shown above
- Perform ten repetitions, 3x

## 4) Pec Stretch



- Place your arm against a door frame with the arm and elbow at a 90 degree angle
- Rotate the torso and lean forwards. You will feel a stretch into the front of the shoulder

- Hold for 30 seconds

### 5) Ice



- Apply ice for a minimum of one minute each day
- (ideally you would use it for up to 5 minutes)

***\*\*\*Now for those who can spend some time each day doing the exercises, please proceed to Phase 1 \*\*\****

## PHASE 1 - Elbow Stretches

### **Instructions:**

- **Perform these exercises every day**
- **Hold each stretch for a minimum of 30 seconds**
- **Keep the stretch comfortable**
- **Continue these exercises for a further 4 weeks once you are pain-free**

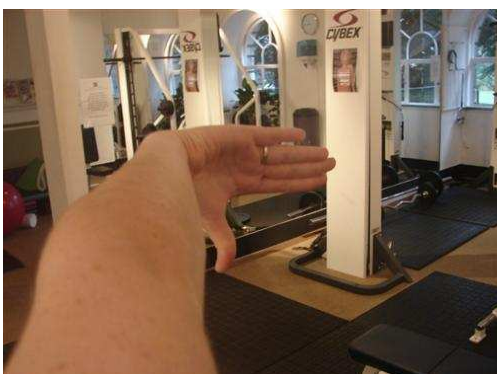
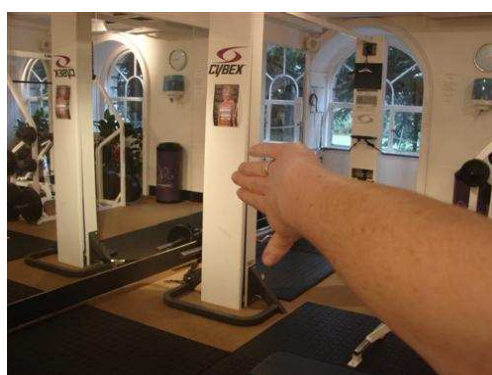
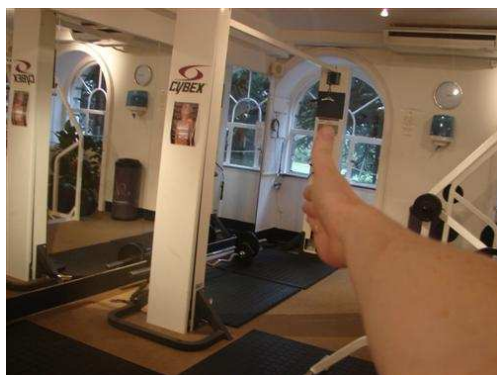
### 1) Forearm Flexor Stretch



- Use your affected arm
- Lean your arm against the back of a chair with your palm pointing upwards and wrist extended
- Hold for 30 seconds and repeat 3x a day
- \* Especially important for golfer's elbow

### 2) Forearm Extensor Stretch

# Tennis Elbow Exercises



- Raise your affected arm to about 90 degrees (in line with your shoulder)
- Turn your hand so that your thumb is pointing down
- Bend your wrist
- With the unaffected hand, increase the stretch in the forearm
- Hold for 30 seconds and repeat 3x a day
- \* Especially important for tennis elbow

## 3) Pec Stretch



- Place your arm against a door frame with the arm and elbow at a 90 degree angle
- Rotate the torso and lean forwards. You will feel a stretch into the front of the shoulder
- Hold for 30 seconds and repeat 3x a day

#### 4) Triceps Stretch



- Bend your arm behind your back, as if you were scratching your back
- Put some gentle backwards pressure on the elbow using your good arm to feel the stretch
- Hold for 30 seconds and repeat 3x a day

## PHASE 2 – POSTURE

### **Instructions:**

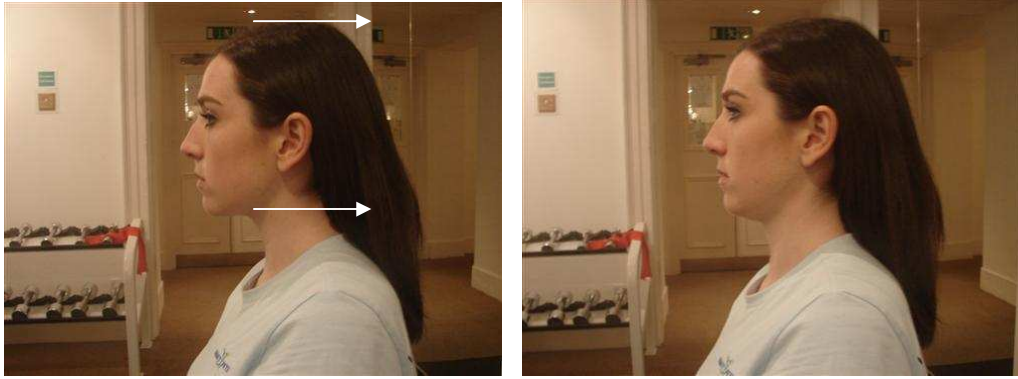
- **Perform these exercises once per week**
- **Use these exercises to improve your posture**
- **Keep the stretch comfortable**
- **Continue these exercises every week for as many weeks as you like**

### 1) Back mobilisation



- Place your arms in a V shape and hug your shoulders
- Keep your feet and head facing forwards
- Rotate your torso to each side, as far as feels comfortable
- Repeat 10x to each side 3x a day

### 2) Neck Retraction



- Retract your neck backwards around 1-2 inches.
- Avoiding bending your neck downwards. Try to make a double chin
- Perform ten repetitions, 3x a day

### 3) Neck Side-Flexion Stretch



- Bend your neck to one side until you feel a gentle stretch
- You can use your hand to support your head but do not pull on it!
- Hold for 30 seconds and repeat 3x a day

### 4) Neck Rotations

## Tennis Elbow Exercises



- Rotate your head to each side until you feel a gentle stretch
- Hold for 30 seconds and repeat 3x a day

## PHASE 3 - Elbow Strengthening Level 1

### *Instructions:*

- **Perform these exercises every day for 4 weeks before progressing to Phase 4.**
- **Continue these exercises for a further 4 weeks once you are pain-free**

### 1) Eccentric Tennis Elbow Exercise



- This is the most important tennis elbow exercise!
- Use a light weight (e.g. 1-2kg...or a small tin of beans)
- Use your good arm to lift the hand of your bad arm
- Now let your wrist slowly drop down
- Lift your bad hand back up to the starting position
- Perform 10 repetitions, 5x per day

### 2) Forearm Flexor Strengthening with band



- Hold the top of the theraband with your affected hand
- The palm of your affected hand should be facing upwards
- Bend your wrist upwards against the resistance as shown above
- Perform ten repetitions, 3x a day

### 3) Finger and Forearm Strengthenener



- Use an elastic band to loop around the fingers of your affected arm
- Try to open your fingers out against the resistance
- Perform ten repetitions, 3x a day

## 4) Drawing the Sword with band



- Imagine you are drawing a sword out of its sheath
- The thumb starts facing downwards and at the end of the movement faces upwards
- Lift your arm outward and upward as shown above.
- Perform ten repetitions, 3x a day

## PHASE 4 - Elbow Strengthening Level 2

### *Instructions:*

- **Perform these exercises after you have completed Phase 3**
- **Do not start these exercises until you are at least 75% better**
- **Continue these exercises for a further 4 weeks once you are pain-free**

### 1) Forearm Extensor Strengthening with band



- Hold the top of the theraband with your affected hand
- The palm of your affected hand should be pointing downwards
- Bend your wrist upwards against the resistance
- Perform ten repetitions, 3x a day

### 2) Forearm Flexor Strengthening with dumbbell



- Use support to stabilise your shoulder
- Keep your elbow straight and bend your wrist (palm upwards)
- The muscles of the forearm are small so you only need to use a light weight to strengthen them (1-2kg)
- Perform ten repetitions, 3x a day

### 3) Forearm Supination and Pronation with dumbbell



- Start the movement with your thumb pointing upwards, then rotate your hand so that your thumb ends up pointing downwards
- Perform ten repetitions, 3x a day

## 4) Bicep strengthening



- Use support to stabilise your shoulder
- Start with an outstretched arm, then bend your elbow
- Perform ten repetitions, 3x a day

## 5) Rhomboid Strengthening



## Tennis Elbow Exercises



- Lie on your stomach
- Squeeze your shoulder blades together
- Raise both hands with your palms facing away from you and thumbs pointing upwards
- Hold for 20 seconds and repeat 3x a day

## PHASE 5 – Sports Preparation

### Instructions:

- Perform these exercises just before starting sport
- You should be 90-95% pain free before starting these exercises

### 1) Neck Strengthenener



- Keep your body straight and lean against a wall with your head resting on a towel
- Slowly step away from the wall but keep your body straight
- Hold for 20 seconds repeat 3x a day
- 

### 2) Arm Stabiliser with Swiss Ball



- Kneel down and place your hands on a Swiss ball
- To advance the exercise move your knees further away from the Swiss ball
- Hold for 20 seconds and repeat 3x a day

### 3) Throwing with a band



- Imagine you are throwing a ball whilst holding the band
- Start with your elbow bent and finish with a straight arm
- Perform ten repetitions, 3x a day

### 4) Hammer Curl

# Tennis Elbow Exercises



- Use support to stabilise your shoulder
- Start with an outstretched arm using a "hammer grip" (imagine you are holding a hammer) then bend your elbow
- Perform ten repetitions, 3x a day

## 5) Supported Hanging



- With outstretched arms, hang from a bar above
- Hold for 30 seconds repeat 3x a day

- If you don't have a bar available, don't worry, just move onto the next exercise.

### 6) Wood Chop



- Hold the cable handle with both hands
- Perform the exercise with your affected arm starting forwards (i.e. in the above picture the right elbow is the painful one)
- Start high and pull the cable towards the opposite hip
- Perform ten repetitions, 3x a day

### 7) Reverse Wood Chop

## Tennis Elbow Exercises



- Hold the cable with both hands
- Perform the exercise with the affected arm in front
- Start low and pull the cable to the opposite shoulder as shown above
- Perform ten repetitions, 3x a day

## **Chapter 8 – Conclusion**

If you have followed the exercises in this book, you should be feeling a good deal more comfortable.

In virtually all cases of tennis elbow, the pain does get better. If your pain is not getting better, despite following all the advice and exercises, then there is something you are doing to aggravate your condition (e.g. continuing to play tennis too hard, or mouse clicking repeatedly).

One option would be to seek help from a specialist who may chose to use a cortisone injection. Another option is to get more specific treatment to the elbow under the care of a physiotherapist or osteopath.

### **EQUIPMENT IN THIS BOOK**

For any of the equipment shown in this book, please go to our product page: [www.tenniselbowpaincure.com/products.htm](http://www.tenniselbowpaincure.com/products.htm)

### **OTHER PRODUCTS**

If you suffer with shoulder pain, try Exercise your Shoulder Pain-Free [www.exercisesforshoulderpain.com](http://www.exercisesforshoulderpain.com)

If you have any questions, you can email me at [tim@tenniselbowpaincure.com](mailto:tim@tenniselbowpaincure.com)

Our best wishes

Tim and Niamh