

# Golfer's Elbow Exercises

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## What is golfer's elbow?

Golfer's elbow, also known as medial epicondylitis, is a painful condition that affects the tendons on the inside of your elbow. These tendons connect the muscles in your forearm to the inside of your elbow and help with movements like gripping and throwing. When these tendons become overused or injured, it can result in pain and inflammation in the area.

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## Exercises for golfer's elbow

Here are some exercises that can help with golfer's elbow:

### Wrist extension stretch

1. Extend your arm and bend your wrist backward as if telling someone to "stop."
2. With your other hand, gently press the palm and pull it towards you until you feel a stretch in the inside of your forearm.
3. Hold this position for 15 seconds.
4. Repeat the stretch 5 times, then switch to the other arm.

### Wrist flexion stretch

1. Extend your arm with your palm facing the ground and bend your wrist so your fingers point downward.
2. Carefully pull your hand toward your body until you feel a stretch along the outside of your forearm.
3. Maintain the stretch for 15 seconds.
4. Repeat this 5 times, then switch to the other arm and perform the same stretch.

### Wrist extension (strengthening)

1. Sit down with your forearm resting on a table or armrest and your hand hanging off the edge, palm facing up.
2. Hold a light weight (such as a dumbbell or water bottle) in your hand.
3. Slowly raise your hand towards the ceiling while keeping your elbow bent.
4. Lower your hand back to starting position.
5. Repeat this 10-15 times for 3 sets.

## **Forearm pronation and supination**

1. Sit down with your forearm resting on a table or armrest and hold a light weight (such as a dumbbell or water bottle) in your hand, palm facing down.
2. Rotate your forearm inward so that your palm faces up, then slowly rotate it outward until your palm faces down again.
3. Repeat this movement for 10-15 times, then switch to the other arm and perform the same rotation.
4. Aim for 3 sets on each arm.

## **Stress ball squeeze**

1. Hold a stress ball or small rubber ball in your hand.
2. Squeeze the ball with your fingers and palm, holding for 5 seconds.
3. Relax your grip and repeat this movement for 10-15 times.
4. Aim for 3 sets on each hand.

## **Finger stretch**

1. Start with your hand in a neutral position, palm facing down.
2. Slowly spread your fingers apart as far as you can without causing pain.
3. Hold this stretch for 5 seconds, then relax and bring your fingers back together.
4. Repeat this stretch for 10-15 times, then switch to the other hand.
5. Aim for 3 sets on each hand.