

Lateral Epicondylitis Exercises Handout

This handout is intended to lead you through a series of exercises designed to alleviate pain, enhance function, and promote healing in the affected area. By performing these exercises regularly, you can accelerate your recovery and minimize the risk of further injury.

Purpose of the program

The purpose of this exercise program is to:

- Stretch and strengthen the muscles and tendons around your elbow
 - Promote healing and improve resistance to repetitive stress
 - Enhance muscle endurance and flexibility
 - Enable you to return to daily activities, sports, and recreational pastimes with reduced discomfort
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Program duration

This exercise program should be followed for 6 to 12 weeks unless indicated otherwise. After recovery, you can continue these exercises as a maintenance routine to ensure the long-term health and protection of your elbows.

Lateral epicondylitis exercises

Finger stretch with a rubber band

Wrap a rubber band around your thumb and fingers, forming a slight cup with your hand. Gently spread your thumb and fingers apart, then bring them back together. Repeat this motion 10 times for three sets. Perform this exercise once or twice daily.

Grip

Hold a soft object, such as putty or a small rubber ball, in your hand and squeeze it continuously for 10 to 15 minutes. Repeat this exercise two to three times daily.

Downward wrist stretch

Extend one arm straight in front of you and grasp the hand with your other hand. Gently bend your wrist downward and slightly outward until you feel a stretch. Hold this position for 15 to 30 seconds, then relax. Repeat this exercise two or three times. Perform this routine two or three times daily.

Wrist curl (palm up, palm down)

Place your forearm flat on a table with your palm facing up. Position a weight or resistance band in your palm. Use your other hand to gently pull your wrist toward your body, then slowly (over five seconds) return your wrist to the starting position. Repeat this exercise with your palm facing down while holding the weight or resistance band. Perform each exercise for three sets of 10 repetitions.

Elbow curls (palm up, palm down)

Step forward with one foot in front of the other. Secure one end of an exercise band under your back foot, and grip the other end with your hand using either an overhand or underhand hold. Pull the band upward and curl your arm toward your shoulder. Alternatively, you can use a dumbbell or barbell in place of the exercise band.

Forearm pull (optional)

Stand with your knees slightly bent. Grip the weight bar at shoulder level with your palms facing downward and your upper arms close to your sides. Press the weight downward, then return to the starting position. Perform 10 repetitions for three sets.

Forearm twist (optional)

Sit with your forearm supported and hold a hammer with your palm facing down. Slowly rotate your forearm upward, then downward, until you feel discomfort. If the rotation feels uncomfortable, shift your hand closer to the hammerhead. Perform this exercise 10 times for three sets. Alternatively, you can use a dumbbell with a weight on one side instead of a hammer.

Reference

American Academy of Family Physicians. (2007). Information from your family doctor. exercises for tennis elbow. *American Family Physician*, 76(6), 849–850.
<https://www.aafp.org/pubs/afp/issues/2007/0915/p849.html>