

EXERCISE TREATMENT FOR TENNIS ELBOW

Developed by Allan M. Levy, M.D.

I. Arm Curl (Standing)

Hold a dumbbell with your palm facing forward and your hand at your side. Bend your elbow and lift the weight to your shoulder. Slowly lower the weight to the starting position.



II. Reverse Arm Curl

Hold a dumbbell with your palm facing backward and your hand at your side. Bend your elbow and lift the weight to your shoulder. Slowly lower the weight to the starting position.



III. Wrist Curl

Hold the dumbbell with your arm down by your side and your elbow locked. With your palm facing forward, flex the wrist forward all the way and then let it back down.



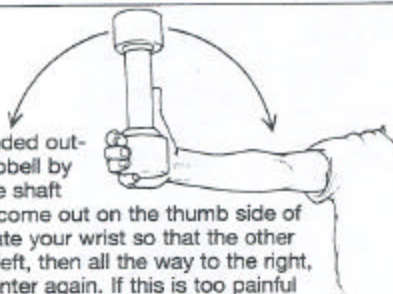
IV. Reverse Wrist Curl

Put your arm down by your side and turn your hand so that the palm faces backward. Holding the dumbbell, flex your wrist forward as far as it will go and then let it down.



V. Unbalanced Wrist Rotation

With your arm extended outward, hold the dumbbell by one knob so that the shaft and the other knob come out on the thumb side of your hand. Now rotate your wrist so that the other knob rotates to the left, then all the way to the right, and then back to center again. If this is too painful balance the dumbbell and gradually work out to unbalanced as pain subsides.



VI. Elbow Stretch (Palm Up)

Extend your arm straight out, parallel to the floor with the elbow locked, palm facing up. With your other hand, push the palm and fingers of the extended hand toward the floor. Hold for 15 to 20 seconds.



VII. Elbow Stretch (Palm Down)

Extend your arm straight out, parallel to the floor with the elbow locked, palm facing down. Push the top of your hand and fingers of the extended hand down toward the floor with your other hand. Hold for 15 to 20 seconds.



Exercises I - V should be done 50 times each, or to muscle exhaustion if this comes first. Start with 2-3 lb. dumbbell and increase weight as strength and pain allow. Try to work through pain unless it becomes severe.

Exercises VI & VII - 3-4 repetitions 6-8 times/day for each. Be sure elbow is completely straight to make stretch effective.