

Lateral Epicondylitis

Exercise Instructions

Conservative Treatment/Post Lateral Release



This information pamphlet is designed to give you a better understanding of the cause of your pain. It outlines specific stretches and strengthening exercises that will help manage your symptoms and regain strength to improve your function for daily activities.

You may have some initial discomfort with these exercises, but they should not be painful.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

1. Wrist extension stretch

Keeping elbow straight, grasp hand to be exercised and slowly bend wrist forward so that fingers face the ground until a stretch in forearm is felt. Hold ____ seconds, repeat ____ times.



2. Isometric wrist extension

Place arm to be exercised on table, hand off table with palm down. Place other hand on top, pushing down as you resist up. Hold ____ seconds, repeat ____ times.



3. Isometric wrist flexion

Place arm to be exercised on table, hand off table with palm up. Place other hand on top, pushing down as you resist up. Hold ____ seconds, repeat ____ times.



4. Eccentric wrist extension with weight

Place arm to be exercised on table holding a weight, palm down. Start with hand lowered, lift the hand up as high as you can keep while keeping the forearm on the table and slowly lower down. Repeat ____ times, ____ sets.



5. Wrist flexion with weight

Place arm to be exercised on table holding a weight, palm up. Start with hand lowered, slowly lift the hand up as high as you can keep while keeping the forearm on the table.



6. Hammer pronation-supination

Place arm to be stretched on table and hold a hammer firmly. Slowly turn the hammer so palm faces down, pause and turn hammer in the other direction so palm faces up. Hold ____ seconds, repeat ____ times.



7. Towel grip squeeze

Support your forearm on a table, a ball or towel in your hand. Squeeze, holding for ____ seconds, repeat ____ times.

