

Tennis Elbow & Lateral Elbow Tendinopathy



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What is tennis elbow?

Lateral elbow tendinopathy (tennis elbow) is a condition characterized by pain and tenderness at the outside of the elbow. This discomfort is usually due to overuse or strain of the forearm muscles and tendons. The repetitive stress causes microtears and the progressive degeneration of the tendon.

Symptoms typically include pain and tenderness around the outside of the elbow, weakness in the forearm, and difficulty in performing tasks that involve gripping or lifting.

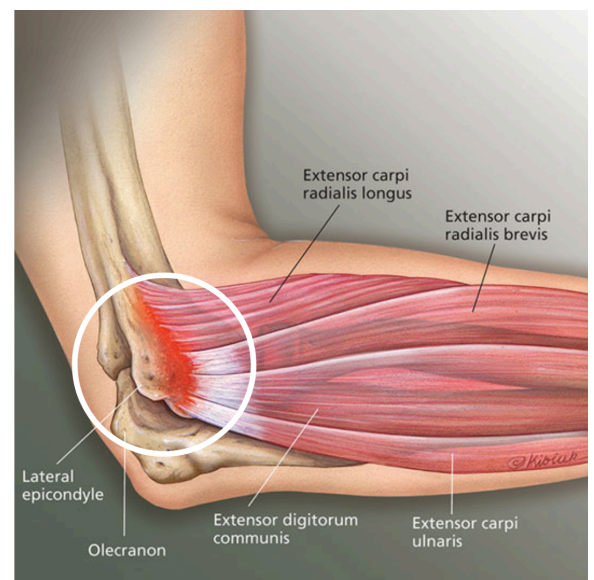
How is it treated?

Treatment typically involves rest, ice, and, in some cases, medications or injections to reduce pain and inflammation, with the aim of restoring normal function and preventing recurrence. A rehabilitation program emphasizing strength, mobility, and balance around the elbow is crucial to recovery. Preventive measures, such as proper technique in sports and ergonomics at work, can help reduce the risk of tennis elbow.

How long is the recovery?

Recovery time depends on severity. Symptoms often improve within a few weeks of starting treatment. However, full recovery, particularly for chronic or severe cases, can take several months.

Resuming sports or activities should be gradual and based on pain tolerance. Avoid symptom triggering activities until pain is well-managed. Begin with light weight exercises and gradually increase intensity.



Tennis Elbow Rehabilitation Exercises

Consistent rehabilitation can accelerate recovery and prevent recurrence. The following program should be done daily for at least 4-6 weeks.

Elbow and Wrist Warm Up

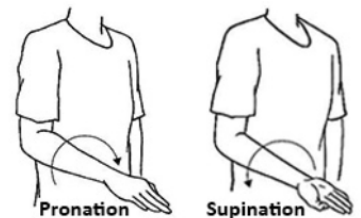
Wrist Flexion & Extension

- Objective: increase blood flow to muscles
- With the elbow slightly bent, gently move the wrist up and down, going through as much range of motion as possible.
- Do this 10 times.



Forearm Pronation & Supination

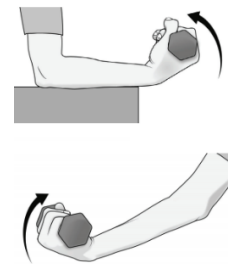
- Objective: increase blood flow to muscles
- With the elbow slightly bent, gently rotate the wrist outwards (supination) and inwards (pronation), going through as much range of motion as possible.
- Do this 10 times.



Elbow and Forearm Strengthening Exercises

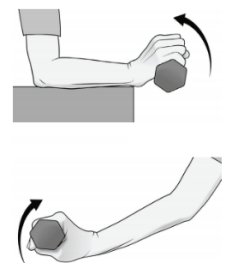
Weighted Wrist Flexion

- Objective: strengthen wrist flexors, improves strength and stability
- Rest your forearm on a table with the hand off the edge and the palm facing upwards. Hold a light weight (water bottle, light dumbbell) and flex the wrist upwards. Pause briefly at the top and then gradually lower to the starting position.
- Perform 2 sets of 15 repetitions.



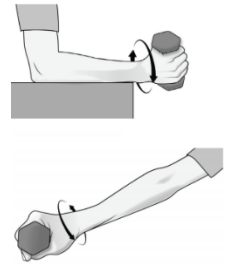
Weighted Wrist Extension

- Objective: strengthen wrist extensors, improves strength and stability
- Rest your forearm on a table with the hand off the edge and the palm facing downwards. Hold a light weight (water bottle, light dumbbell) and flex the wrist upwards. Pause briefly at the top and then gradually lower to the starting position.
- Perform 2 sets of 15 repetitions.



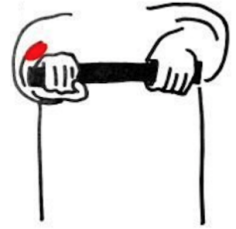
Weighted Pronation & Supination

- Objective: strengthen pronator and supinator muscles
- Hold a weight in the hand with a slight bend in the elbow. Rotate the wrist outwards (supination) and then inwards (pronation), going through as much range of motion as possible.
- Perform 2 sets of 15 repetitions.



Towel Twist

- Objective: improve grip strength and forearm endurance
- Hold a towel with both hands close together and twist it as if wringing out water, first in one direction, then the other.
- Perform 2 sets of 15 repetitions.



Grip Strength

- Objective: improve grip strength and forearm endurance
- Squeeze a stress ball or similar object firmly, hold for a few seconds, then release.
- Do this for 30 seconds.



Forearm and Wrist Stretches

Wrist Extension Stretch

- Objective: improve range of motion and mobility of forearm muscles
- Extend one arm in front of you with the palm down. Using the other hand, gently pull the fingers back towards you until a stretch is felt along the forearm.
- Hold for 30 seconds.



Wrist Flexion Stretch

- Objective: improve range of motion and mobility of forearm muscles
- Extend one arm in front of you with the palm up. Using the other hand, gently pull the fingers back towards you until a stretch is felt along the forearm.
- Hold for 30 seconds.

