

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

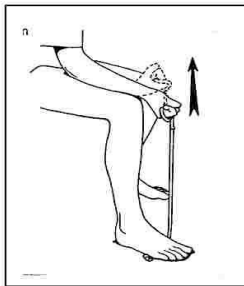
Lateral Epicondylitis (Tennis elbow) Home program

Exercises

Exercises to stretch and strengthen the muscles attached to the injured tendon will help with the healing process. **Stretches and exercises should be avoided if they are painful.** The following exercises can be done every other day until your symptoms subside. Continue to use the exercises as a warm-up before tennis, golf or other gripping activities.

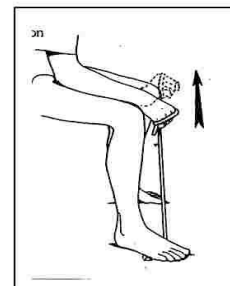
Resisted Wrist Extension

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing down and bend the wrist and hand upward as far as you can. Hold 1 count and lower slowly 3 counts. Repeat 10 to 20 times, two times per day. This exercise can also be done with a dumbbell.



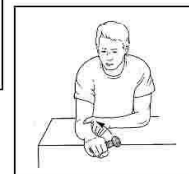
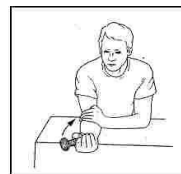
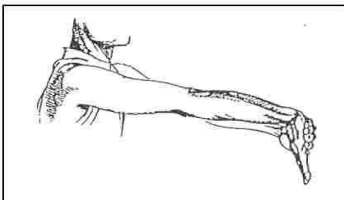
Resisted Wrist Flexion

With tubing wrapped around the hand and the opposite end secured under foot, keep the palm facing up and bend the wrist and hand upward as far as you can. Hold one count and lower slowly 3 counts. Repeat 10 to 20 times, two times per day. This exercise can also be done with a dumbbell.



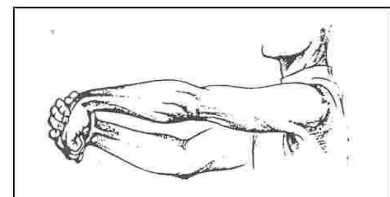
Resisted Forearm Supination and Pronation

Holding a dumbbell, with the forearm supported on your thigh, slowly turn the palm facing up and then slowly turn the palm facing down. Make sure to hold the elbow still and only move the forearm. Repeat 10 to 20 times each way, one to two times per day.



Wrist Flexor Stretch

Hold the arm with the elbow straight and the palm facing up. Grasp the involved hand at the fingers and stretch the wrist backward, until a stretch is felt on the inside of the forearm. Hold 15 seconds, repeat 3 to 5 times, 2 to 3 times per day.



Wrist Extensor Stretch

Hold the arm with the elbow straight and the palm facing down. Push downward on the back of the involved hand until a stretch is felt in the muscles on the outside of the forearm. Hold 15 seconds, repeat 3 to 5 times, 2 to 3 times per day.