

## ***GOLFER'S ELBOW EXERCISES***

You may do the stretching exercises right away. You may do the strengthening exercises when stretching is nearly painless.

### **Stretching Exercises:**

- ***Wrist active range of motion, flexion and extension:***
  - Bend the wrist of your injured arm forward and back as far as you can. Do 2 sets of 15
- ***Wrist stretch:***
  - Press the back of the hand on your injured side with your other hand to help bend your wrist. Hold for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction. Hold for 15 to 30 seconds. Keep the arm on your injured side straight during this exercise. Do 3 sets.
- ***Forearm pronation and supination:***
  - Bend the elbow of your injured arm 90 degrees, keeping your elbow at your side. Turn your palm up and hold for 5 seconds. Then slowly turn your palm down and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees while you do the exercise. Do 2 sets of 15.

### **Strengthening Exercises:**

- ***Eccentric wrist flexion:***
  - Hold a can or hammer handle in the hand of your injured side with your palm up. Use the hand on the side that is not injured to bend your wrist up. Then let go of your wrist and use your injured side to lower the weight slowly back to the starting position. Do 3 sets of 15. Gradually increase the weight you are holding.
- ***Eccentric wrist extension:***
  - Hold a soup can or hammer handle in the hand of your injured side with your palm facing down. Use the hand on the side that is not injured to bend your wrist up. Then let go of your wrist and use just your injured side to lower the weight slowly back to the starting position. Do 3 sets of 15. Gradually increase the weight you are holding.
- ***Grip strengthening:***
  - Squeeze a soft rubber ball and hold the squeeze for 5 seconds. Do 2 sets of 15.
- ***Forearm pronation and supination strengthening:***
  - Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. Slowly turn your hand so your palm is up and then down. Do 2 sets of 15.
- ***Resisted elbow flexion and extension:***
  - Hold a can or soup with your palm up. Slowly bend your elbow so that your hand is coming towards your shoulder. Then lower it slowly so your arm is completely straight. Do 2 sets of 15. Slowly increase the weight you are using.