



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Lateral Epicondylitis Home Exercise Program

PROGRAM

These exercises should be performed 3 times a day. If a brace has been prescribed, remove it during these exercises.



Wrist Extensor Stretch 15 seconds, repeat 5 times

With elbow straight and palm facing down, use other hand to push the wrist towards the floor for 15 seconds.



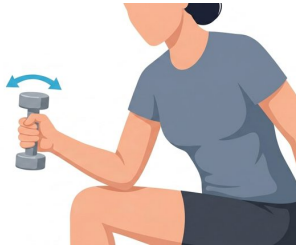
Wrist Extension/Flexion (Progressive) 3 sets of 10, 1 minute rest; 1 lb → 10 lb elbow bent, then restart 1 lb → 10 lb elbow straight

Performed seated with the elbow bent to 90 degrees. Hold a 1 pound weight in your hand with the knuckles towards the ceiling. Slowly raise and lower your wrist. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds. At that time, transition to performing this exercise with a one pound weight with the elbow held out straight. Do 3 sets of 10 repetitions with a minute rest in between. Build up the weights as tolerated until you can comfortably lift 10 pounds.



Wrist Supination/Pronation (Progressive) 3 sets of 10; 1 lb → 10 lb, then extend elbow

In a similar position as above, rotate your wrist back and forth as if you were turning a key in a lock. Start with 1 pound and increase weights, always doing 3 sets of 10 repetitions. Once 10 pounds is reached, begin to extend the elbow as before.



Wrist Deviation (Progressive) 3 sets of 10; 1 lb

→ 10 lb, then extend elbow

In a similar position as before, deviate the wrist from side to side. Your knuckles should be upright. Start with 1 pound and increase weights, always doing 3 sets of 10 repetitions. Once 10 pounds is reached, begin to extend the elbow as before.



Ice Massage (Pre) 2-3 minutes

Using an ice cup, gently massage affected area for 2-3 minutes.



Friction Massage 3-5 minutes

Massage affected area with two fingers, perpendicular to the tendon length, as shown in the picture. Massage 3 to 5 minutes as tolerated.



Ice Massage (Post) ~10 minutes

Once again, using an ice cup, gently massage affected area for approximately 10 minutes.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.