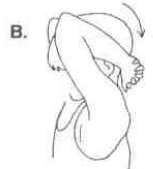
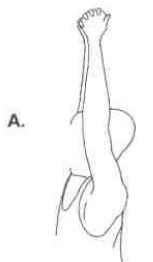


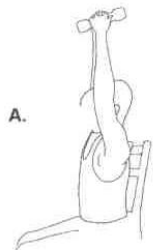
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**(703) 810-5202**

## ***Triceps Tendonitis Rehabilitation Exercises***

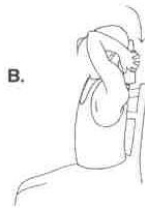
You may do all of these exercises right away.



**French stretch**



**French press**



1. French stretch: Stand with your fingers clasped together and your hands high above your head. Stretch by reaching down behind your head and trying to touch your upper back while keeping your hands clasped. Keep your elbows as close to your ears as possible. Hold this position for 15 to 20 seconds. Repeat 3 to 6 times.

2. Towel stretch: Stand with your injured arm over your head and your other arm down behind your back. Hold one end of a towel in each hand. Stretch your injured arm behind your head by pulling the towel down toward the floor with hand of your uninjured arm. Keep the elbow of your injured arm as close to your ear as possible. Hold for 15 to 20 seconds. Repeat 3 to 6 times.



**Towel stretch**

3. Towel resistance exercise: Holding the towel as in the towel stretch above, lift the hand of your injured arm toward the ceiling while creating resistance by pulling down on the towel with your other hand. Keep the elbow of your injured arm as close to your ear as possible. Hold for 10 seconds. Repeat 10 times.



**Towel resistance**

4. French press: Sit grasping a small weight with both hands as if it were a baseball bat. Reach toward the ceiling. Bending your elbows, slowly lower the weight behind your head until the weight touches your upper back. Lift the weight up over your head and reach toward the ceiling again. Repeat 10 to 20 times.

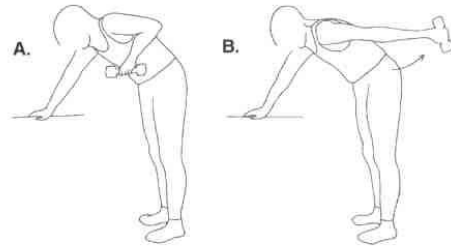


**Palm-down curl**

5. Palm-down curl: Stand with your hands at your side, holding a small weight palm down in the hand of your injured arm. Keeping your palm down and bending your elbow, slowly curl the weight up toward your shoulder as far as possible. For each repetition, move your hand down to the starting position more slowly than you lift your hand up toward your shoulder. Repeat 10 to 20 times.

## **Triceps Tendonitis Rehabilitation Exercises**

6. Triceps kick back: Lean forward with the hand of your uninjured arm resting on a table or chair for support. Hold a weight in the hand of your injured arm. Keep the elbow of your injured arm against your side. Your arm should be bent at a 90-degree angle with your upper arm parallel to the floor. Move the forearm of your injured arm backward until it is straight. Repeat 10 to 20 times.



Triceps kick back

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