

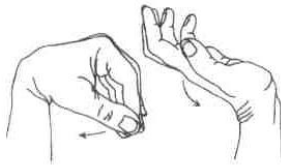
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Medial Epicondylitis (Golfer's Elbow)
Rehabilitation Exercises

You may do stretching exercises 1 through 3 right away. You may do strengthening exercises 4 through 6 when stretching is nearly painless.



Wrist range of motion

1. Wrist range of motion: Bend your wrist forward and backward as far as you can. Do this 10 times. Do 3 sets.

2. Forearm range of motion: With your elbow at your side and bent 90 degrees, bring your palm facing up and hold for 5 seconds. Slowly turn your palm facing down and hold for 5 seconds. Repeat this 10 times. Do 3 sets.

Make sure you keep your elbow bent at 90 degrees throughout this exercise.



Forearm range of motion

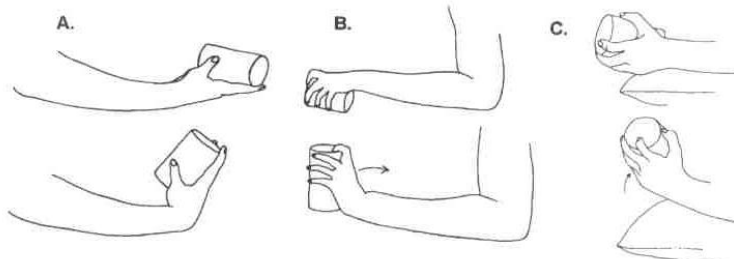
3. Elbow range of motion: Gently bring your palm up toward your shoulder and bend your elbow as far as you can and then straighten your elbow out as far as you can 10 times. Do 3 sets.

4. Wrist strengthening:

A. Wrist flexion: Hold a soup can or hammer handle with your palm up. Slowly bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times. Do 3 sets. Gradually increase the weight of the can you are holding.

B. Wrist extension: Hold a soup can or hammer handle with the palm down. Gently bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times. Do 3 sets. Gradually increase the weight of the can you are holding.

C. Wrist radial deviation strengthening: With your wrist in the sideways position and your thumb up, hold a can of soup or hammer handle. Gently bend your wrist up with your thumb reaching towards the ceiling. Slowly lower to the starting position. Do not move your forearm throughout this exercise. Repeat 10 times. Do 3 sets.



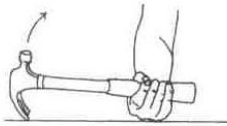
Wrist strengthening

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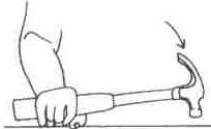
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Pronation and supination

5. Pronation and supination strengthening: Hold a soup can or hammer handle, with your elbow bent 90 degrees. Slowly rotate your hand with palm upward and then palm down. Repeat this 10 times. Do 3 sets.



6. Elbow flexion and extension: Hold a can of soup with your palm face up. Slowly bend your elbow so that your hand is approaching your shoulder and then lower it down slowly so your elbow is completely straight. Repeat this 10 times. Do 3 sets. Slowly increase the weight are using.



Elbow flexion and extension

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