

PHYSIOTHERAPY EXERCISES FOR TENNIS ELBOW (LATERAL EPICONDYLITIS)

There is very good evidence for the use of specific exercises to treat tennis elbow. These exercises are called eccentric exercises and are simple and quick to do, and if done regularly will on average result in a resolution of symptoms over eight to 12 weeks.

A dumbbell is perfect for these exercises, but any weight can be used, as can the rubber exercise/physiotherapy bands available online or from sports shops.

The weight or strength of elastic band should be such that after the exercises, the forearm feels tired, but not so heavy that the exercises cannot be completed or are excessively strenuous.

N.B. Video demonstrations of these exercises are available on the Sheffield Hand & Elbow Pain website (www.sheffieldhandandelbowpain.com)

- Seated in a chair, support the forearm over the edge of a table or over your knee and hold the weight in the hand with the palm facing down
- From a position with the wrist fully extended (cocked back at 90 degrees) slowly lower the weight until the wrist is fully bent (flexed). Repeat this movement to complete 10-15 repetitions
- The important movement is the lowering of the weight slowly from full extension to full flexion. It's ok to use the other hand to help lift the weight back up again. This might be necessary in the early day when the elbow is still very uncomfortable
- After 10-15 repetitions rest for two minutes then do a further 15 reps. Rest again for two minutes then do a final 15 repetitions
- **Do 3 x sets of 10-15 repetitions, twice daily**
- It might be helpful to do some stretching and massage with anti-inflammatory gel after you do the exercise
- The tendon may feel sore and tender during or immediately after the exercises but don't worry this is to be expected and should gradually improve as the exercises start to work
- **Remember** you will not notice immediate results. It takes eight to 12 weeks on average to fully rehabilitate the tendon.