

## TENNIS ELBOW HOME PROGRAM

DAVID GESENSWAY, MD

### WRIST FLEXOR STRETCHES:

- Bend your wrist back while pushing on the palm of your hand/fingers.
- You should feel a stretch over the heel of your hand and up the forearm.

3 repetitions

3 times/day

20-30 second hold



### WRIST EXTENSOR STRETCHES:

- Bend your wrist down while pushing on the back of your hand.
- You should feel a stretch over the back of the wrist and up the forearm.

3 repetitions

3 times/day

20-30 second hold



### ICING:

- Apply to the outside of elbow 3 times/day - Takes 3-4 min.
- Gentle massage motion.
- Will feel cold, then achy, then numb.

### SPLINT:

- Wear a good portion of the day and night for 3 weeks, to provide some relative rest to the wrist extensor muscles.

### ACTIVITY TIPS:

- Avoid lifting items with your arm palm down—lift items palm up in or “handshake” position instead.
- Minimize reaching and firm grasping.

### MEDICATION:

- Take a full dose of anti-inflammatory for 3 weeks:
    - 2 Aleve (220 mg pill), 2 times/day
- OR
- 3 Ibuprofen/Advil (200 mg pill), 3-4 times/day