



## Guide to Tennis & Golfer's Elbow Rehabilitation

---

Welcome to our Tennis & Golfer's Elbow Rehab video. The goal of this video is to maximize pain-free function of the elbow. *These videos should not be used as a substitute for regular physical therapy visits and guidance from your physician.*

Please remember the following:

- Tennis and Golfer's Elbow are two types of tendonitis around the elbow. Both involve a certain amount of tendon "wear and tear" that occurs over time and then becomes inflamed and painful with overuse.
- Treatment is the same for both conditions: alleviate the inflammation, protect the area while it heals and strengthen the tendons to prevent recurrence.
- A 'tennis elbow' strap is used to protect the tendon for 4 weeks and limit stress from daily reaching and gripping activity. Wear it just below the elbow crease so it protects the tendons but does not limit elbow bending. Alternatively, a wrist splint can be used to protect the forearm tendons.
- Local cortisone injections are helpful to limit pain and control irritation; 1 or 2 injections may be required. NSAIDs (i.e. – Aleve, Advil) can also be used for 10-14 days to control inflammation.
- This therapy program may take up to 6 weeks to be effective. Re-occurrence rate is approximately 25 percent, meaning you may require an additional round of treatment.
- If you develop any questions or concerns regarding your condition while using this video, contact your physician.

Best of luck in your recovery.

### STRETCHING AND RANGE OF MOTION

**GOALS:** Restore full motion; alleviate tendon contracture (shortening and hardening of tendons) and prevent scars from forming

**KEY POINTS:**

- Hold stretches for 3 seconds; repeat 5 repetitions each exercise
- Stretch 3 times daily
- Heat prior to stretching or exercise / Ice following exercise for 5-10 minutes
- Progress to strengthening exercises only if pain-free with daily use and stretching

**EXERCISES:**

1. WRIST STRETCH – FLEXION AND EXTENSION
2. WRIST STRETCH – SUPINATION AND PRONATION
3. ACTIVE ELBOW FLEXION AND EXTENSION

See video at <http://www.matthewboesmd.com/patient-info/physical-therapy-protocols/tennis-golfers-elbow-rehabilitation/> to view the exercises.

## STRENGTHENING

**GOALS:** Strengthen tendons around the area of degeneration to redistribute stress and prevent irritation

**KEY POINTS:**

- Start strengthening only once the elbow is pain-free when stretching and performing daily activities
- Start with light resistance and progress as tolerated
- Use dumbbell, water bottle, can of soup, etc. for resistance
- Perform 1-2 sets of 15-20 repetitions each exercise
- Do strengthening exercises twice daily

**EXERCISES:**

1. WRIST STRENGTHENING – EXTENSION
2. WRIST STRENGTHENING – FLEXION
3. WRIST STRENGTHENING – HAMMER PRONATION & SUPINATION
4. ELBOW STRENGTHENING – BICEPS CURLS
5. ELBOW STRENGTHENING – TRICEPS EXTENSION
6. GRIP STRENGTHENING

See video at <http://www.matthewboesmd.com/patient-info/physical-therapy-protocols/tennis-golfers-elbow-rehabilitation/> to view the exercises.

For more information, visit [www.MatthewBoesMD.com](http://www.MatthewBoesMD.com)