

Exercise Program for Tennis Elbow

If you have tennis elbow, performing home exercises can help you heal, build strength, and avoid further injury.

There are 5 exercises in this program: Wrist Extension Stretch, Wrist Flexion Stretch, Strengthening Wrist Extension, Strengthening Wrist Flexion, and Ball Squeezes.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do a wrist extension stretch: Straighten your affected arm and bend your wrist back as if signaling someone to "stop."

Use your other hand to gently pull back on your affected hand until you feel a stretch in your forearm.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times.

To do a wrist flexion stretch: Straighten your affected arm and bend your wrist down so your fingers are pointing towards the floor.

Use your other hand to gently pull your affected hand toward your body until you feel a stretch in your forearm.

Hold for 15 to 30 seconds, then relax.

Repeat 3 times.

To do strengthening wrist extension: Place your forearm on a table with your hand hanging over the edge, palm down.

Place a 1 to 2 pound weight in your hand.

Keeping your forearm on the table, bend your wrist upward. Lift the weight as high as you can. Then slowly lower the weight back down.

Repeat 8 to 10 times, then switch arms.

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To do strengthening wrist flexion:

Place your forearm on a table with your hand hanging over the edge, palm up.

Place a 1 to 2 pound weight in your hand.

Keeping your forearm on the table, bend your wrist upward. Lift the weight as high as you can. Then slowly lower the weight back down.

Repeat 8 to 10 times, then switch arms.

To do a ball squeeze: Hold a rubber ball in your affected hand.

Keep your arm slightly bent with your palm toward the ceiling. Lift your hand higher than your heart. Squeeze and relax the ball.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to help treat your tennis elbow.