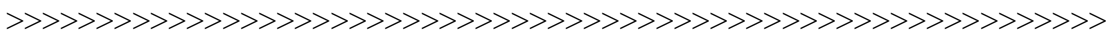


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### Tennis Elbow – Lateral Epicondylitis

Tennis elbow occurs when the tendons that control your wrist movement that originate in your forearm become overloaded and painful. This is often caused from overuse/repetitive tasks however when irritable it can be everyday tasks such as; lifting the kettle which can aggravate your symptoms.

#### Pacing Physical Activity:

- Avoid activities that aggravate your symptoms, allowing the inflammation to settle
- A strap is advised to help ease the pain
- Pain killers may also be useful, talk to your GP or pharmacist

#### Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

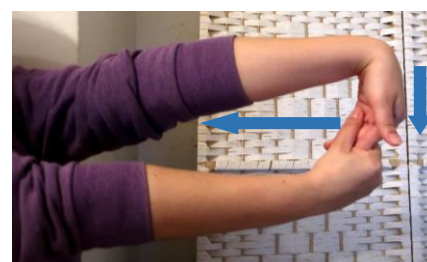
Ice:



Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

#### Exercises:

Wrist Extensor Stretch

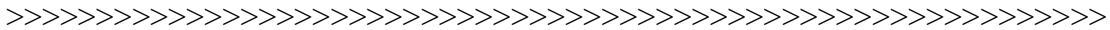
- Keeping your elbow straight, relax your wrist
- With the opposite hand gently bend your wrist backwards
- Hold 20 seconds, 3 repetitions



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### Wrist Flexor Stretch

- Keeping your elbow straight, relax your wrist
- Keep your palm down and
- With the opposite hand gently bend your wrist backwards
- Hold 20 seconds, 3 repetitions



### Extensors Strengthening



- With your forearm rested on a table
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Raise the weight up, moving only your wrist
- Slowly lower it down
- Hold 5 seconds, 10 repetitions, 2 sets



### Flexors Strengthening

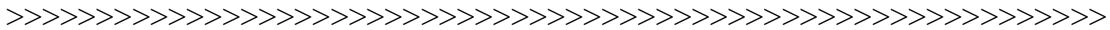
- With your forearm rested on a table, palm facing up
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Gently raise the weight
- Hold 5 seconds, 10 repetitions, 2 sets



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### Handshake Exercise


- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Imagine you are going to shake hands with someone
- Move the weight up, hold 2 seconds and slowly down
- Keep your arm still and only move your wrist
- 10 repetitions, 2 sets



### Wrist rotations

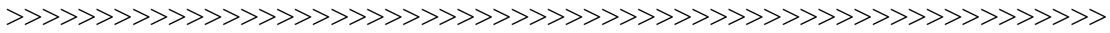
- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Turn the wrist inward as far as possible,
- Hold 2 seconds
- Turn the wrist outward as far as possible,
- Hold 2 seconds
- 10 repetitions, 2 sets



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Sock Squeeze/ Stress Ball



- Hold a rolled-up sock or stress ball
- Make a fist around it and squeeze
- Hold 5 seconds, 10 repetitions



Bicep Curls

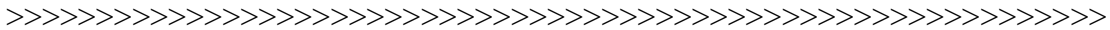
- Secure your injured elbow with your other hand
- Hold a light weight 1/1.5 Kg or a can of beans
- Slowly curl the weight up towards your chest and then again
- 10 repetitions, 2 sets



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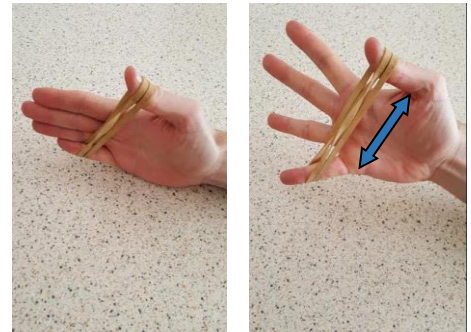


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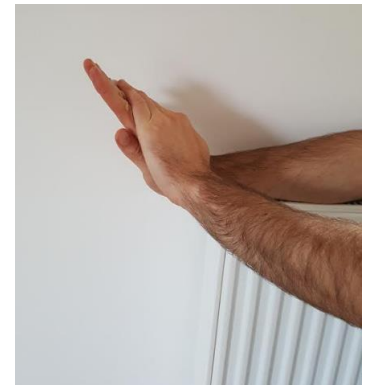
Fingers Stretch

- Wrap an elastic band around your fingers and thumb
- Gently open fingers and thumb against the elastic band as far as you can, keeping your fingers and wrist as straight as you can
- 10 repetitions, 2 sets



Isometric Wrist Extension:


- Support forearm on table/worktop
- Pull affected arm/ hand slightly up towards you
- Use the other hand to apply downward pressure
- Maintain static position of hand
- Hold resistance for 30 seconds
- Repeat 3x



Waiters Tip:

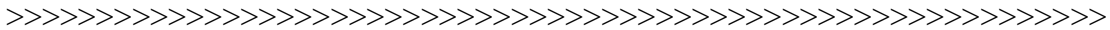
- Stand with your arm rested by your side
- Flex your hand backwards, gentle stretch
- Hold 10 seconds, 3 repetitions



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Wall Press ups:

- Keep your elbows below shoulder height
- Press your body weight away from the wall
- Squeeze your shoulder blades together as you lower yourself to the wall
- 10 repetitions, 2 sets



### Trigger Points

- Locate the first trigger point (area of pain) on your elbow
- Press this area with your opposite thumb (1 min) or roll it with a tennis ball (5 min)
- Look for another areas of pain on your elbow and repeat the process

