



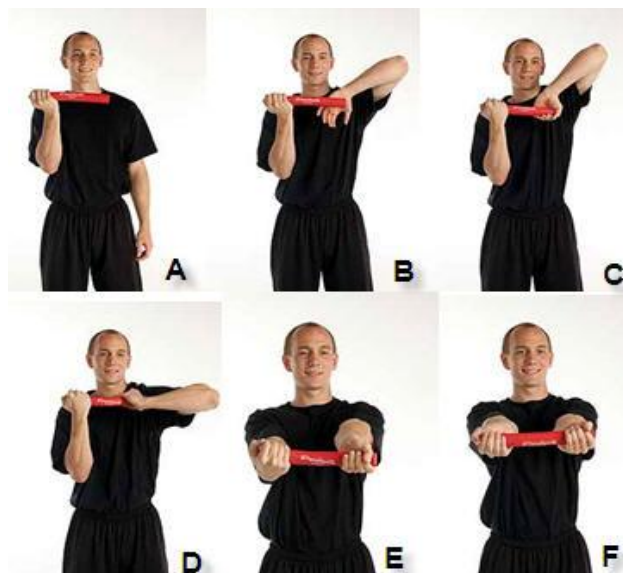
Medial Epicondylitis

Medial epicondylitis is commonly referred to as golfer's elbow and can be attributed to overuse from sports, recreational and work activities. The pain associated with medial epicondylitis is usually found on the medial aspect of the elbow and is commonly seen with activities involving resisted wrist flexion and pronation. Research indicates that the following exercise program is effective in treating medial epicondylitis. Perform the following exercises as described one time per day.

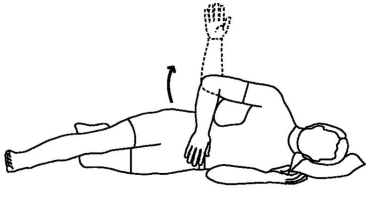
Instructions for Exercises:

- A. Grasp the Flex Bar with the injured side, bending your elbow and holding the bar parallel to the ground.
- B. Lift the uninjured elbow upward and rotate your forearm so your palms facing away from you.
- C. Grasp the Flex Bar with the uninjured side facing away from you.
- D. Twist the Flex Bar with the uninjured side as you stabilize the bar with the injured side.
- E. Extend your elbows in front of you while keeping both wrists steady. The wrist on the injured side should be flexed toward you while the opposite side is extended.
- F. Release the Flex Bar slowly with your injured side while maintaining tension with the uninjured side.

Repeat 3 sets of 15 repetitions.

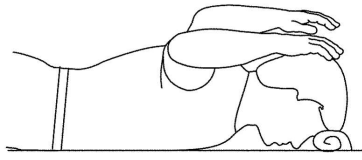


AROM shld ER sidelying (arm abd)



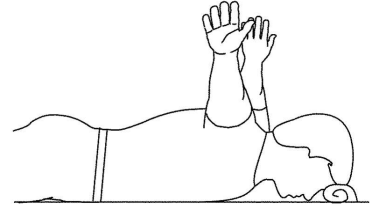
Perform 3 sets of 15 Repetitions, once a day.

AROM shld retract bil prone (w/ER)



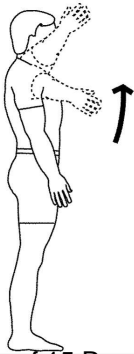
Perform 3 sets of 15 Repetitions, once a day.

AROM shld horiz abd bil prone (palm down)



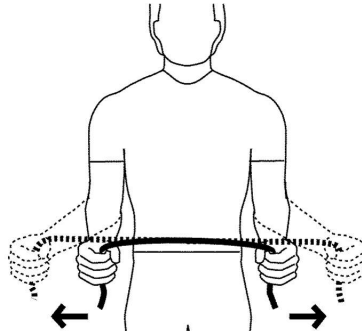
Perform 3 sets of 15 Repetitions, once a day.

AROM shld scaption uni



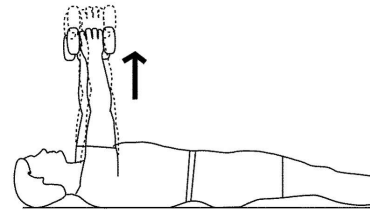
Perform 3 sets of 15 Repetitions, once a day.

Resist shld ER bil w/elastic



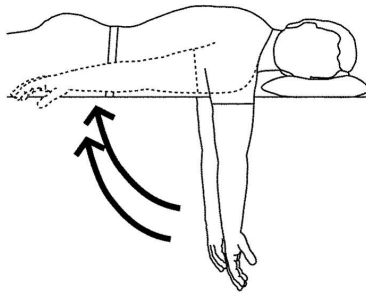
Perform 3 sets of 15 Repetition, once every other day.

Resist shld protract bil supine w/wt



Perform 3 sets of 15 Repetitions, once every other day.

AROM shld ext bil prone palms downward



Perform 3 sets of 15 Repetitions, once a day.

Issued By: Rocky Mountain Orthopaedics PT

These exercises are to be used only under the direction of a licensed, qualified professional.

Rocky Mountain Orthopaedics

Signature: _____

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