



## Lateral Epicondylitis

Lateral epicondylitis is commonly referred to as tennis elbow and can be attributed to overuse from sports, recreational and work activities. The pain associated with lateral epicondylitis is usually found on the lateral aspect of the elbow and is commonly seen with activities involving extension and gripping of the wrist. Research indicates that the following exercise program is effective in treating lateral epicondylitis. Perform the following exercises as described one time per day.

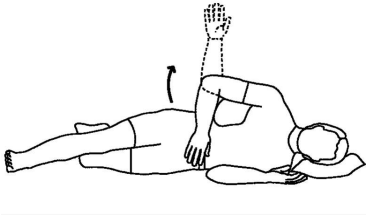
### Instructions for Exercises:

- A. Grasp the Flex Bar with the injured hand and extend your wrist.
- B. Grasp the top portion of the bar with your opposite hand facing away from you.
- C. Twist the bar with the top hand while you stabilize the bar with the bottom hand.
- D. Holding the above position, extend your elbows in front of you. The wrist on your injured side should extend while the opposite wrist should be flexed.
- E. Release the bar slowly with your injured side while keeping the tension with the opposite wrist.

**Repeat 3 sets of 15 repetitions.**

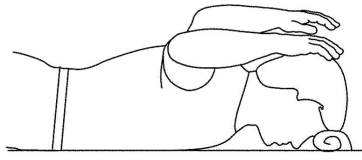


AROM shld ER sidelying (arm abd)



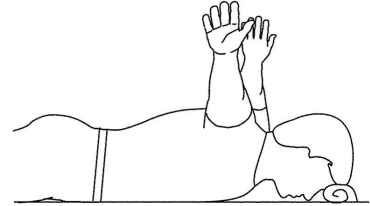
Perform 3 sets of 15 Repetitions, once a day.

AROM shld retract bil prone (w/ER)



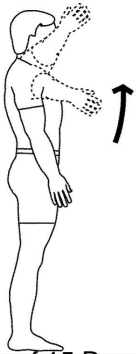
Perform 3 sets of 15 Repetitions, once a day.

AROM shld horiz abd bil prone (palm down)



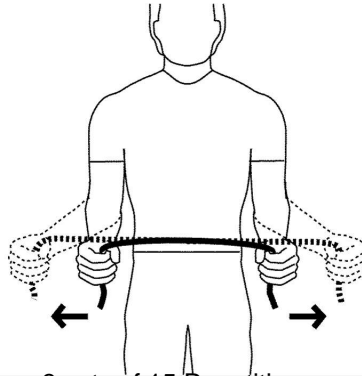
Perform 3 sets of 15 Repetitions, once a day.

AROM shld scaption uni



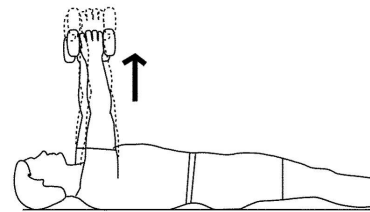
Perform 3 sets of 15 Repetitions, once a day.

Resist shld ER bil w/elastic



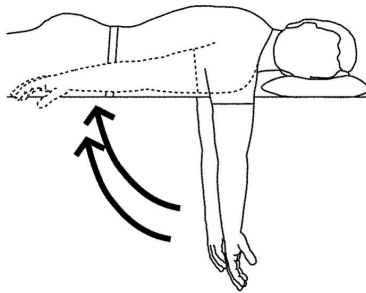
Perform 3 sets of 15 Repetition, once every other day.

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.