

Clifford R. Wheelless, III, MD Mark W. Galland, MD Paul B. Suh, MD Ingrid S. Luo-Tseng, MD
 Cary S. Idler, MD Derek P. Watson, MD Lawrence J. Yenni, MD

Your therapy program has been custom-designed based on the acute nature and duration of your tennis elbow. Outlined below is the therapy program your doctor and therapist recommend you follow to conservatively manage your tennis elbow and facilitate recovery.

PHASE I – MANAGING PAIN & PROMOTING HEALING

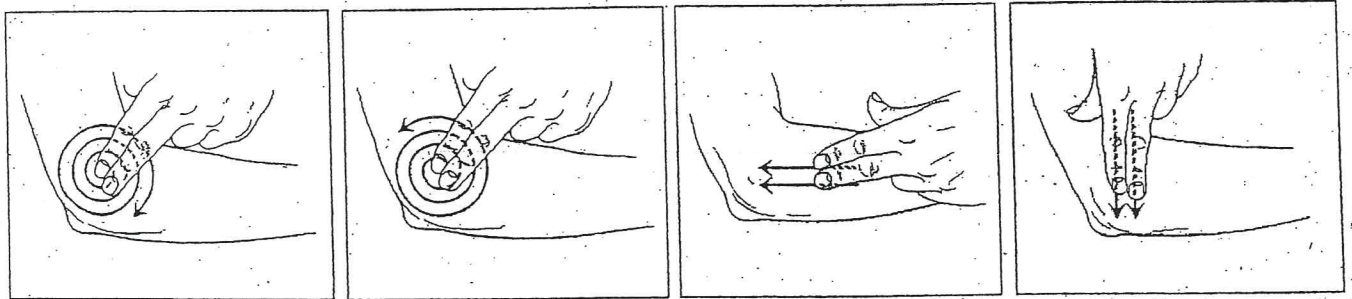
SPLINTS

- Wear the wrist immobilization splint ...
 - at all times
 - with resistive activities only.
- Wear the Aircast tennis elbow band ...
 - at all times
 - with resistive activities only.

The splints are effective in supporting/protecting the muscles and quieting the pain.

MANUAL MASSAGE

- Massage the area surrounding elbow for 5 minutes, 2 times a day. Refer to the illustration below. The massage will help enhance circulation, promote healing, and dampen the pain.



Clockwise

Counter-clockwise

Length of the muscle

Perpendicular to the muscle

MOIST HEAT

- Apply moist heat [e.g. moist heat heating pad] to the elbow for 10 minute sessions 2 times a day. The moist heat will promote soft tissue healing and increase the flexibility of the muscles surrounding your elbow.

ADDITIONAL SUGGESTIONS

- Maintain a general conditioning program [e.g. treadmill, sit-ups, etc.] 2-3 times a week.
- Begin strengthening your shoulder and trunk muscles. Refer to the patient handout.
- Review the patient education list of activities/movements to avoid or be careful performing.

Comments: _____

PHASE III – PASSIVE STRETCHING EXERCISES & STRENGTHENING

MOIST HEAT

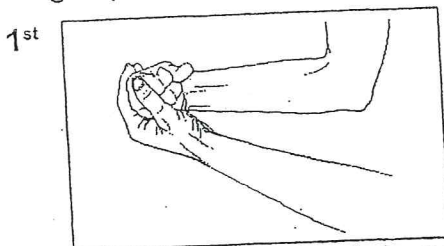
Prior to beginning this phase of exercise, it is important to apply moist heat for 10 minutes.

ACTIVE STRETCHING

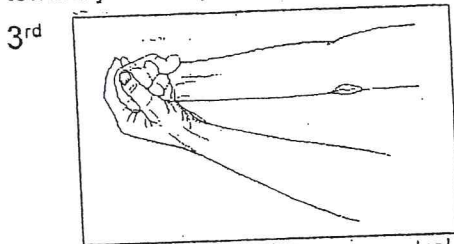
It is important to continue doing the 4th active stretching exercise prior to beginning the passive stretching exercises. The position for the 4th active stretching exercise consists of: the elbow straight, hand palm down with wrist bent forward/flexed [5 repetitions-count of 15].

PASSIVE STRETCHING

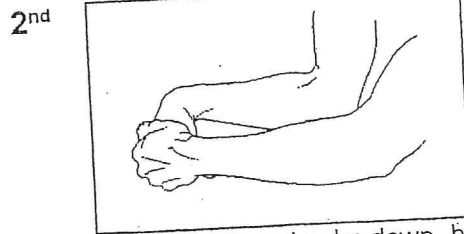
Perform the following passive stretching exercises _____ times a day, 10 repetitions, to a count of 15. Do not progress to the next exercise unless the exercise you are performing is painfree. You should feel a stretch, but not pain.



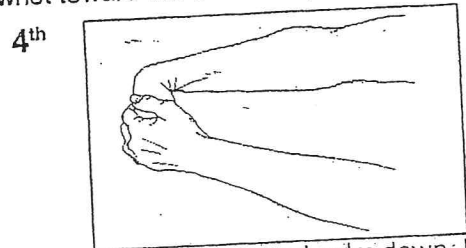
With your elbow bent, bend your wrist toward your body with your opposite hand.



With your elbow straight, forearm neutral, bend your wrist toward your body with your opposite hand.



With your elbow bent and palm down, bend your wrist toward the floor with your opposite hand.



With your elbow straight and palm down, bend your wrist toward the floor with your opposite hand.

STRENGTHENING EXERCISES

Use a _____ lb. weight _____ repetitions daily every other day _____
Increase to a _____ lb. weight _____ repetitions in _____ week(s).

It is recommended you use cuff weights if holding a weight is painful.
Feel free to perform these exercises with both arms at the same time.

- Bring your arm straight forward, over your head and back as far as you can.
- With your elbow bent, bring your hand to your stomach and then away from your body.
- With your elbow bent, draw your arm away from your body.
- With your elbow bent, bring your arm behind your back.
- Bend and straighten your elbow.
- With your elbow bent and by your side, turn your palm up and down.
- With your palm up and over the edge of a table, bend and straighten your wrist.
- With your palm down and over the edge of a table, bend and straighten your wrist.
- Squeeze a firm ball [e.g. tennis ball].
- Provide resistance with your other hand as you try to straighten your back knuckles.

Comments: _____

Feel free to call if you have any questions: 1-800-800-4263 or Indianapolis area 872-5101.

Produced without written permission from The Hand Rehabilitation Center of Indiana © Copyright 2001