

Patient Musculoskeletal Information Sheet

Tennis elbow exercises

These exercises are called eccentric exercises and are simple and quick to do. If done regularly they will on average result in a resolution of symptoms over 8 to 12 weeks.

A video explaining how to do these exercises can be found at www.kilmenysurgery.co.uk.

Equipment needed

You need a weight of approximately 500g, for example a dumbbell or tin of soup or beans.

How do to do the exercises

1. Rest your forearm on the surface of a table or desk with your wrist over the edge. Make sure your elbow remains at 90 degrees
2. Hold the weight in your hand with the back of your hand facing up to the ceiling.
3. Using your other hand lift the hand with the weight in until your wrist is fully extended.
4. From this position slowly lower the weight over 5 to 6 seconds until your wrist fully flexed.
5. Repeat this action. You should aim to do 10 to 12 repetitions twice daily.

Note:

- You should expect you arm to feel sore at first. This should gradually improve.
- You will not see immediate results and it can take up to 12 weeks for you to get better.

After doing the exercises

It can be helpful to do some stretching after doing the above exercises. You can also massage the tender spot at the elbow with some anti-inflammatory gel.

With your affected arm outstretched in front of you, gently press the back of your hand against a wall. Hold this position for 15 to 30 seconds. You can repeat this up to 3 times.

