

Lateral Elbow Tendinopathy

Lateral Elbow Tendinopathy (Tennis Elbow) is a common overuse injury causing pain on the outside of the elbow. It results from repetitive strain on the forearm extensor muscles, which attach to the elbow via tendons. This irritation can lead to dysfunction in wrist and elbow movements. In the acute stage, inflammation occurs, and it becomes chronic if symptoms last longer than 3 months. Up to 20% of individuals can still experience symptoms after one year.

Key Rehabilitation Points:

- Rehabilitation is broken into **phases** based on pain levels during activity.
- **Remove the stressor** by limiting activities that cause pain in the elbow.
- **Modify certain activities** to reduce strain on the elbow.
- **Daily bracing** with a compression sleeve or strap can provide support.
- The focus of physiotherapy is an **eccentric strengthening program** for the forearm extensor tendons, progressing based on pain tolerance.
- **Shockwave therapy** can be used as a complementary treatment.

Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.

Stage 1

Low load isometrics, ROM program. After exercises you should not experience an increase in symptoms greater than 1-2/10 for greater than 30 minutes. If you have increased symptoms after exercises, you can ice for 10 minutes.

1. Forearm Rotation

Reps: 10 | Frequency: 2-3x/day

Preparation:

- Sit or stand with your arm at your side, elbow at 90 degrees, forearm neutral

Execution:

- rotate forearm so palm faces down
- axis of rotation is through centre of hand to elbow: wrist does not flex or extend, whole forearm moves as unit
- don't clench or twist through hand
- when you reach limit of forearm movement palm down, use opposite hand at mid forearm to passively stretch / push a bit further.
- hold, then return to start and repeat.
- should not cause inner elbow pain - if it does, relax R hand a bit more and allow L to do the work



Resist bending elbow

2. Wrist Extension Isometric

Sets: 2 per day | Reps: 10 | Frequency: daily

Preparation:

- Hold your affected hand out in front of you making a fist
- Hold the top of this hand with your other hand

Execution:

- Push up into your top hand
- There should be no movement



Push wrist into top hand - there should be no movement

3. Wrist Extension Stretch | Prayer

Sets: 2 | Reps: 2-3 | Hold: 20-30 seconds | Frequency: daily

- Preparation:
- Stand with good posture
- Execution:
- Place palms together as shown and feel a stretch in the forearm



4. Elbow Extension Stretch

Sets: 1-2 | Reps: 5-10 | Hold: 5 seconds | Frequency: Each day

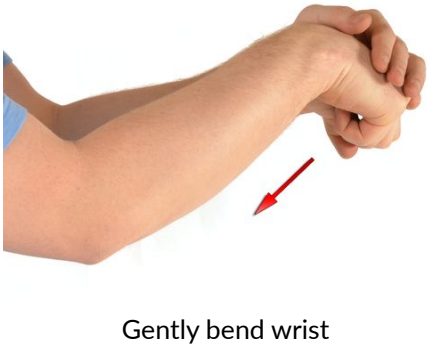
- Preparation:
- Sit with upper arm supported on a table
 - Grasp affected forearm with unaffected hand
- Execution:
- Gently straighten the elbow
 - Apply a gentle pressure downwards to further straighten the elbow



5. Wrist Extensor Stretch

Sets: 1-2 | Reps: 5-10 | Hold: 5 seconds | Frequency: Each day

- Preparation:
- Palm-down
- Execution:
- Gently use other hand to bend wrist toward the ground



Stage 2 Lateral epicondylitis program

As your pain and your strength is improving, and your recovery is getting shorter, you can increase load through range of motion. Pain is okay during and after exercises to a maximum of 2/10, and your symptoms should only last 30-60 minutes.

1. Forearm Pronation + Supination (Hammer)

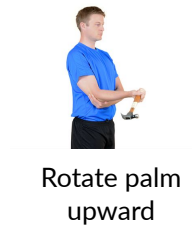
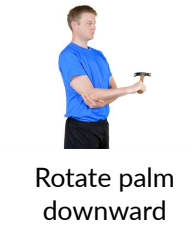
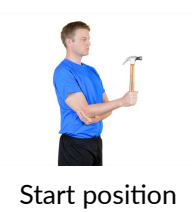
Sets: 1-2 | Reps: 10-15 | Frequency: 1x/day

Preparation:

- Hold a hammer in your hand so that it is straight up and down

Execution:

- Turn your forearm so that your palm faces upwards
- Turn your forearm so that your palm faces the ground
- Do each motion in a controlled manner
- do not twist or "break" wrist



2. Wrist Extension Eccentric (Dumbbell)

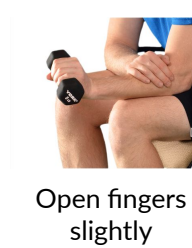
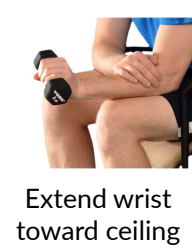
Sets: 1 | Reps: 10 | Frequency: 1X/DAY

Preparation:

- Hold hand weight.
- Hang wrist over edge of table/ arm rest or on lap, palm down.
- Bend wrist up toward ceiling. Do not lift forearm off table.

Execution:

- SLOWLY lower wrist down, 'fighting' the resistance... SLOW WITH CONTROL
- Bend wrist up, returning to the start position.



3. Wrist Flexion Concentric (light Dumbbell)

Sets: 1

Reps: 5-10

Tempo: SLOW

Frequency: 1x/day

Preparation:

- Hold hand weight.
- Hang wrist over edge of table or your lap, palm up. ** needs to be pain free - change angle of arm to decrease rotation if needed (ie, bring closer to your body)

Execution:

- Curl wrist toward ceiling. Do not lift forearm off table.
- If painful, you can assist the movement with other hand (assist wrist curl)
- Only bend up to edge of pain
- Relax wrist back down - SLOW WITH CONTROL
- **ADVANCED: (not yet...)**As wrist relaxes, let weight roll toward tips of fingers, feeling for an increased stretch in your palm.



Wrist over edge, support forearm



Curl wrist toward ceiling

4. Wrist Extension + Lateral Glide (Ball)

Sets: 3

Reps: 10 repetitions

Load: As tolerated

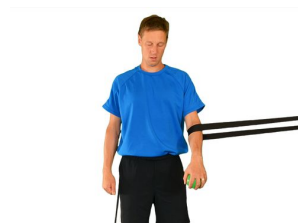
Frequency: alternate days

Preparation:

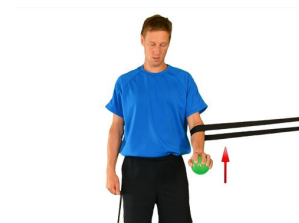
- Position belt just below elbow joint
- Stand so belt is pulling against arm
- Hold ball palm down

Execution:

- Bend wrist up



Hold ball palm down



Bend wrist up