

Tennis Elbow Home Program

Lateral elbow pain · 6 exercises · a table, a light weight, a hammer and a towel

Patient name: _____ Date: _____ Arm: ☐ Left ☐ Right

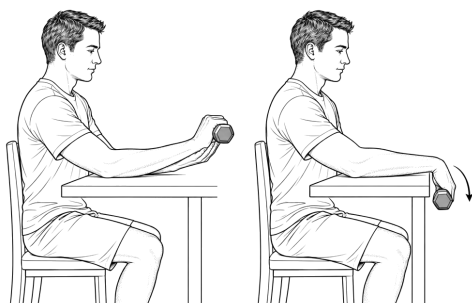
Clinician: _____

Dumbbell: 1-2 lb

Putty / FlexBar color: _____

Ice after, if sore: 10 min

How: Move slowly and with control. Mild pain up to **3-4 out of 10** during the exercises is OK if it settles by the next day. If it's worse the next morning, use less weight or fewer reps.



1 Eccentric Wrist Extension

☐ Assigned

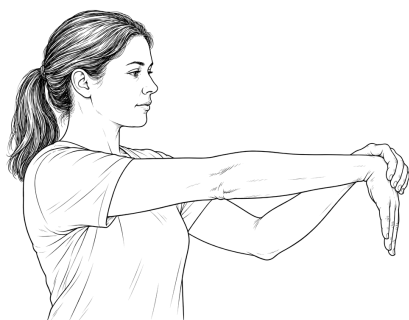
Slow lowering with a light weight

1. Rest your forearm on a table, hand off the edge, **palm down**, holding a light dumbbell.
2. Use your other hand to help lift the hand **up**.
3. Let go and **slowly lower** the weight on your own over 3-5 seconds.

Key cue: Only the wrist moves. The lowering is the exercise, so go slow.

YOUR DOSE

Sets	<u>3</u>
Reps	<u>15</u>
Lower	<u>3-5 sec</u>
Per day	<u>1-2x</u>



2 Wrist Extensor Stretch

☐ Assigned

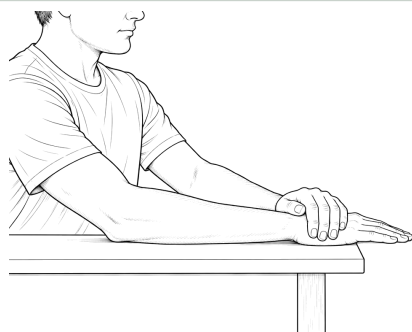
Top of the forearm

1. Hold your arm straight out in front, **elbow straight**, palm down.
2. Bend your wrist **down**, fingers toward the floor.
3. With your other hand, gently press the hand down and back. Hold.

Key cue: A gentle pull on top of the forearm, never sharp pain.

YOUR DOSE

Hold	<u>30 sec</u>
Reps	<u>3</u>
Per day	<u>2-3x</u>



3 Isometric Wrist Extension

☐ Assigned

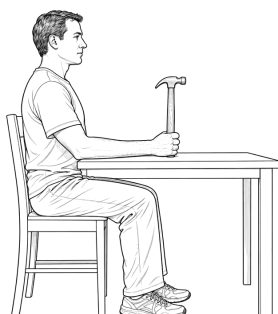
Steady push, no movement · eases pain

1. Rest your forearm and hand flat on a table, palm down.
2. Put your other hand on the **back of the hand**.
3. Try to lift the hand **up** into it at about half effort. Nothing moves. Hold.

Key cue: Should ease pain, not cause it. Rest about 1 min between holds.

YOUR DOSE

Hold	<u>30-45 sec</u>
Reps	<u>5</u>
Per day	<u>1-3x</u>



4 Hammer Forearm Rotation

☐ Assigned

Palm up, palm down

1. Sit with your forearm on a table, elbow bent, **thumb up**, holding a hammer at the handle.
2. Slowly turn your palm **down**, then back to the middle.
3. Slowly turn your palm **up**, then back to the middle.

Key cue: Elbow stays still. Hold higher on the handle to make it easier.

YOUR DOSE

Sets	<u>3</u>
Reps	<u>10 each</u>
Per day	<u>1x</u>



5 Grip Squeeze

Rolled towel or putty

☐ Assigned

1. Rest your forearm on a table and hold a rolled towel or therapy putty.
2. **Squeeze** firmly, as much as is comfortable.
3. Hold, then relax your hand fully.

Key cue: Keep your wrist straight, not bent down. Breathe normally.

YOUR DOSE

Sets	2-3
Reps	10
Hold	5 sec
Per day	1×



6 Tyler Twist (FlexBar)

OPTIONAL Only with a FlexBar

☐ Assigned

1. Hold the bar upright in your **sore-side hand**, wrist bent back.
2. Grab the top with your other hand and twist the bar, then straighten both arms in front.
3. Hold the twist with your good hand and let the sore wrist **slowly untwist** over 3-5 sec.

Key cue: The good hand does the twisting. The sore side only does the slow lowering.

YOUR DOSE

Sets	3
Reps	15
Lower	3-5 sec
Per day	1×

Pain guide (0-10) during and after exercise

0	1	2	3	4	5	6	7	8	9	10
0-4: OK, if it settles by the next day				5-6: ease off: less weight or fewer reps			7+: stop that exercise today			

Moving forward

- When 3 sets of 15 feel easy and pain stays at 3 or less for a week, add 1 lb, or go up one putty or FlexBar color.
- Tennis elbow usually improves slowly over weeks to a few months. Keep going even on good days.
- Avoid heavy gripping or lifting with your palm down. Lift with your palm up when you can.



Safety: Stop and contact the clinic if pain is sharp or getting worse, or if you feel numbness or tingling in your arm or hand.

Notes from your clinician:
