Fintan O'Donnell, M.I.S.C.P., M.C.S.P., Dip SHWW (Physio)
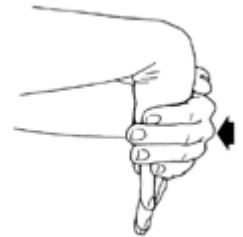Chartered Physiotherapist

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Tennis Elbow Exercise Programme

Exercise 1. Stretching the muscles that extend the wrist (extensor muscles):
Straighten the arm out fully and push the palm of the hand down so you feel
a stretch across the top of the forearm. Hold for 10 seconds. 5 Repetitions.

Exercise 2. Stretching the muscles that flex the wrist (flexor muscles):
straighten the arm out fully (palm side up), and push the palm downward to
stretch. Hold for 10 seconds.   5 Repetitions.

For exercises 3-6, the patient sits in a chair with the elbow supported on the edge of a
table or on the arm of the chair the wrist hanging over the edge. Use a light weight such
as a hammer or soup can when performing the strengthening exercises. Repeat exercises
3-6 20 times each, but do not push yourself beyond the point of pain.
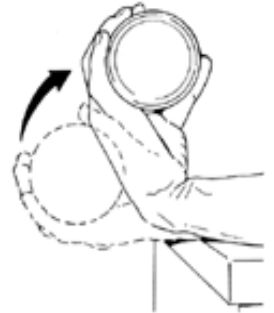
Exercise 3. Hold the weight in the hand with the palm facing down. Extend
the wrist upward so that it is pulled back. Hold this position for 2 seconds and
then lower slowly.

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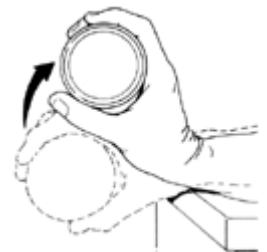
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Exercise 4. Strengthening wrist flexor muscles: Hold the weight in the hand with the palm up. Pull the wrist up, hold for 2 seconds and lower slowly.

Exercise 5. Strengthening the muscles that move the wrist from side to side (deviator muscles): Hold the weight in the hand with the thumb pointing up. Move the wrist up and down, much like hammering a nail. All motion should occur at the wrist.

Exercise 6. Strengthening the muscles that twist the wrist (pronator and supinator muscles): Hold the weight in the hand with the thumb pointing up. Turn the wrist inward as far as possible and then outward as far as possible. Hold for 2 seconds and repeat as much as pain allows.
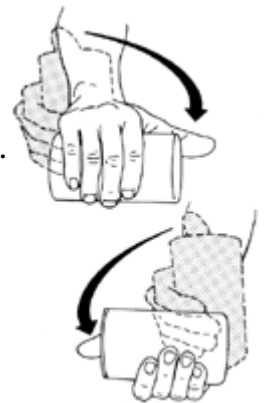
Exercise 7. Massage is performed over the area of soreness. Apply firm pressure using 2 fingers on the area of pain and rub for 5 minutes.