

## Tennis Elbow

Lateral epicondylitis often termed “tennis elbow” is pain in the tendon where it inserts into the elbow. Symptoms often include pain on the lateral side of the elbow and tenderness on touching this area. Pain is often reproduced when using the arm and gripping tightly. It is often aggravated by work activities and household jobs.

### Tennis Elbow Exercises



1. Start with a weight or a light object in the hand with the wrist extended and the elbow supported.



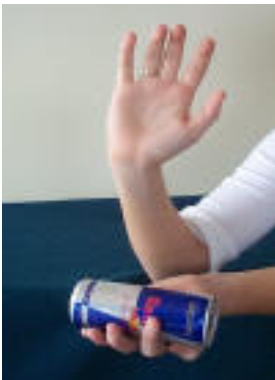
2. Slowly lower the weight.



3. Reach the bottom (full wrist flexion) without bringing the wrist back up.



4. Let go the object and catch it in the other hand



5. Lift the forearm back up with no weight.



6. Lift the object up with the other hand



7. Pass the object back to the original hand



8. Ready to go again!

Repeat \_\_\_\_ times every \_\_\_\_ hours

### Tennis Elbow Stretch



Hold arm out straight in front, take hold of back of hand and stretch toward you. When you have a sensation of gentle stretch hold for \_\_\_\_ Seconds and repeat \_\_\_\_ times daily.

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