DELAWARE ORTHOPAEDIC SPECIALISTS

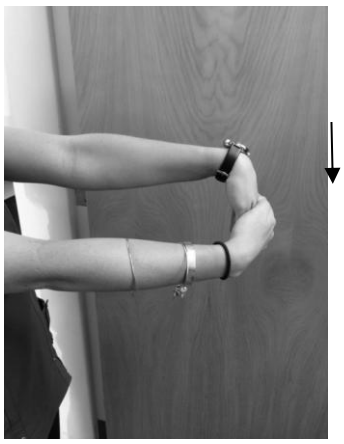
Lateral Epicondylitis Program

Deep Friction Massage: Place thumb on the outside of your elbow (about half way between the crease of your arm and point of your elbow). You will feel some increased discomfort with pressure at this location. With the pressure of your thumb, you will massage the area. Make sure to apply pressure and move the thumb back and forth. Again, this will be uncomfortable and may give a bruising sensation. Perform for about 5 minutes.





Forearm Flexion Isometric Stretch: Move arm so that it is straight out in front of you. Hold your hand and move the hand downwards, flexing the wrist. You only want to move the hand in this direction until you feel a slight pull. Do not force. Give resistance with the stretching hand against the other (hand will remain stationary). Hold for 10-15 seconds and release. Perform 5 times, increasing to 10.



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Forearm Extension Isometric Stretch: Move arm so that it is straight out in front of you. Hold your hand and move the hand upwards, flexing the wrist so the fingers point up. You only want to move the hand in this direction until you feel a slight pull. Do not force. Give resistance with the stretching hand against the other (hand will remain stationary). Hold for 10-15 seconds and release. Perform 5 times, increasing to 10.



Ice for 5-20 minutes following.