

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

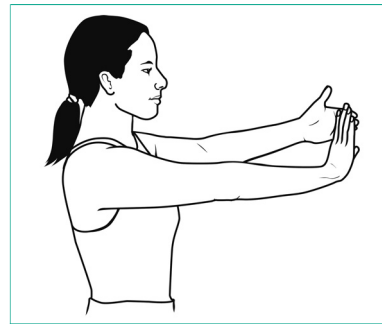
## Home Exercise Program for Epicondylitis and Radial Tunnel Syndrome

- Perform the exercises in the order listed.
- To prevent inflammation, apply ice, such as a bag of crushed ice or frozen peas, to the painful area of the elbow for 20 minutes after performing the exercises.
- If you are unable to add weight or perform the indicated number of repetitions because of pain, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Wrist flexion (stretching)	Wrist extensor muscle group	Hold for 30 seconds; repeat 3 times. Perform on both sides.	5 to 7	3 to 4
Wrist extension (stretching)	Wrist flexor muscle group	Hold for 30 seconds; repeat 3 times. Perform on both sides.	5 to 7	3 to 4
Elbow extension	Elbow extensor muscle group	Work up to 5 sets of 10 repetitions, 2 or 3 times a day	5 to 7	3 to 4
Wrist flexion and extension	Wrist flexor and extensor muscle groups	Work up to 3 sets of 10 repetitions, 1 or 2 times a day	5 to 7	3 to 4
Forearm supination and pronation	Supinator and pronator teres	Work up to 3 sets of 10 repetitions, 1 or 2 times a day	5 to 7	3 to 4

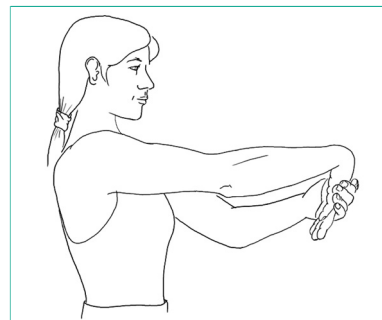
### Wrist Flexion (Stretching)

- To stretch the wrist flexors, extend the arm and hand as if signaling someone to “stop.”
- Use the opposite hand to apply gentle pressure across the palm and pull it as far toward the body as it will comfortably go, keeping the arm straight. Hold for 10 to 15 seconds.
- Repeat 3 times.
- Perform on both sides, 5 to 7 days per week, for 3 to 4 weeks.



### Wrist Extension (Stretching)

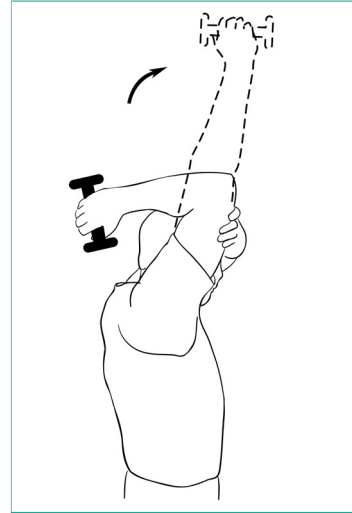
- To stretch the wrist extensors, extend the arm and hand out and flex the wrist so that the fingers are pointing down.
- Use the opposite hand to gently pull the hand as far toward the body as it will comfortably go, keeping the arm straight. Hold for 10 to 15 seconds.
- Repeat 3 times.
- Perform on both sides, 5 to 7 days per week, for 3 to 4 weeks.



### *Elbow Extension*

- Perform this exercise either standing with your weight evenly distributed over both feet or sitting.
- Holding a light weight in the hand of the injured arm, raise the arm overhead while supporting the elbow with the opposite hand.
- Straighten the elbow overhead, hold for 5 seconds, and then bend the elbow and relax.
- Work up to 5 sets of 10 repetitions, 2 or 3 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

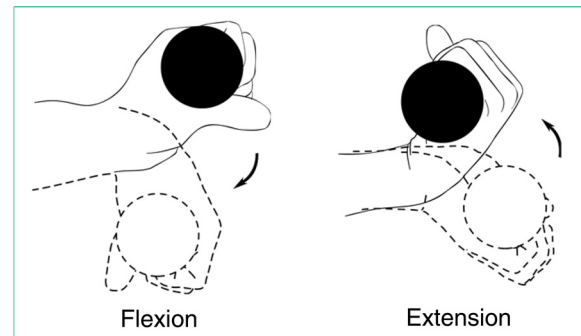
**Caution:** You must have some triceps strength to control the weight. If you do not have adequate triceps strength, begin with the weight lower than shoulder height.



### *Wrist Flexion and Extension*

- To exercise the wrist flexors, rest the forearm on a hard surface with the palm up.
- Flex the wrist as shown.
- Work up to 3 sets of 10 repetitions, 1 or 2 times per day.
- To exercise the wrist extensors, rest the forearm on a hard surface with the hand extending over the side.
- Extend the wrist as shown.
- Work up to 3 sets of 10 repetitions, 1 or 2 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

**Note:** Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds. Always start with the elbow positioned in 90° of flexion to minimize pain with the exercises. Over time, as the pain subsides, the exercises may be performed with the elbow more extended.



### *Forearm Supination and Pronation*

- Hold the forearm parallel to the ground, with the elbow bent 90°.
- To exercise the forearm supinators, pronate the forearm and then return to vertical as shown.
- Work up to 3 sets of 10 repetitions, 1 or 2 times per day.
- To exercise the forearm pronators, supinate the forearm and then return to vertical as shown.
- Work up to 3 sets of 10 repetitions, 1 or 2 times per day.
- Perform the exercise 5 to 7 days per week, for 3 to 4 weeks.

**Note:** Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds.

