



**OSTEOPATHY  
SPORTS MASSAGE**

## GD Osteopathy & Sports Massage

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Exercise plan:  
**Tennis Elbow**

Patient:  
**Patient Exercises**



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### Self Massage for Lateral Elbow Pain

With your arm supported on your thigh, gently massage along the outside of your forearm between your elbow and wrist. This helps reduce tension in the forearm muscles.

**Time: 2 minutes**

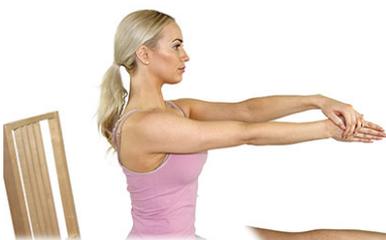


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### Wrist Flexion Stretch

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

**Sets: 1 | Time: 30 seconds**



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### Wrist Flexion Stretch with External Rotation

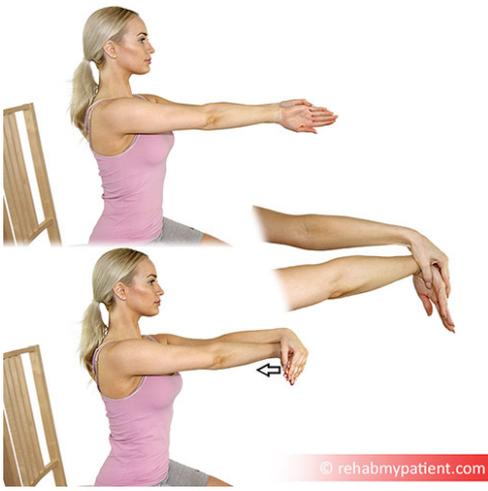
Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. Turn your forearm outwards at the elbow joint to create a stronger stretch. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

**Sets: 1 | Time: 30 seconds**

### Wrist Flexion Stretch with Internal Rotation

Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist, and hold. Turn your forearm inwards at the elbow joint to create a stronger stretch. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

**Sets: 1 | Time: 30 seconds**



### Wrist Extension Stretch

Hold your arm and hand in front of you, with your fingers pointing upwards. Pull your hand backwards, to create a stretch on the underside of your wrist and forearm, and hold. This exercise will help stretch your forearm muscles, improving the mobility of your wrist.

**Sets: 2 | Time: 30 seconds**



### Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow.

**Sets: 3 | Repetitions: 15-20**



### Wrist Flexion Dumbbell

Rest your hand and wrist on a table. Hold a dumbbell, and bend your wrist. This is a strengthening exercise for your wrist, forearm and elbow.

**Sets: 3 | Repetitions: 15-20**



## Radial and Ulnar Deviation Dumbbell

Hold a dumbbell with your arm outstretched in front of you, and deviate your wrist to one side and then to the other side. This is a strengthening exercise for the wrist, forearm and elbow.

**Sets: 2 | Repetitions: 15-20**



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## Ice for Lateral Elbow Pain

Use an ice pack or pack of frozen peas (wrapped in a thin towel) over the outside of your elbow. This can be useful for tennis elbow and repetitive strain injuries, as well as other pathologies of the elbow.

**Time: 10 minutes**



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## How to Use a Tennis Elbow Support

Tennis elbow supports are usually Velcro straps, and you should wear the strap just under your elbow. This creates "a false origin" to the muscle, offloading strain from the tendon that causes the tennis elbow pain.

**Time: 1/2 day**



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1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breath
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days