

Exercise plan:
Golfers Elbow

Patient:
Patient Exercises



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Self Massage for Medial Elbow Pain

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

Time: 3 minutes

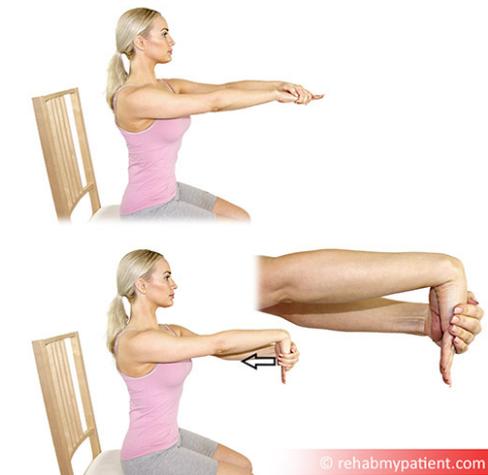


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Eccentric Wrist Flexion

Rest your arm on a table with your palm facing up, 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 the hand back down. This is a strengthening exercise for the wrist, elbow and forearm and can be useful for golfer's elbow.

Sets: 3 | Repetitions: 20



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Wrist Flexion Stretch

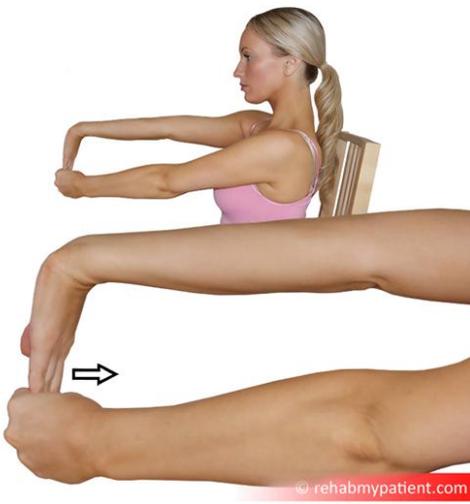
Hold the palm of your hand, and push your hand downwards to create a stretch in the top of your wrist. This exercise will help improve the mobility of your wrist, and stretch the forearm muscles.

Sets: 3 | Time: hold 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: 3 | Time: hold 30 seconds



Ice for Medial Elbow Pain

Use an ice pack or pack of frozen peas (wrapped in a thin towel) over the inside of your elbow. This can be useful for golfer's elbow, as well as other pathologies of the elbow.

Time: 10 minutes, 2-5 x day.



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