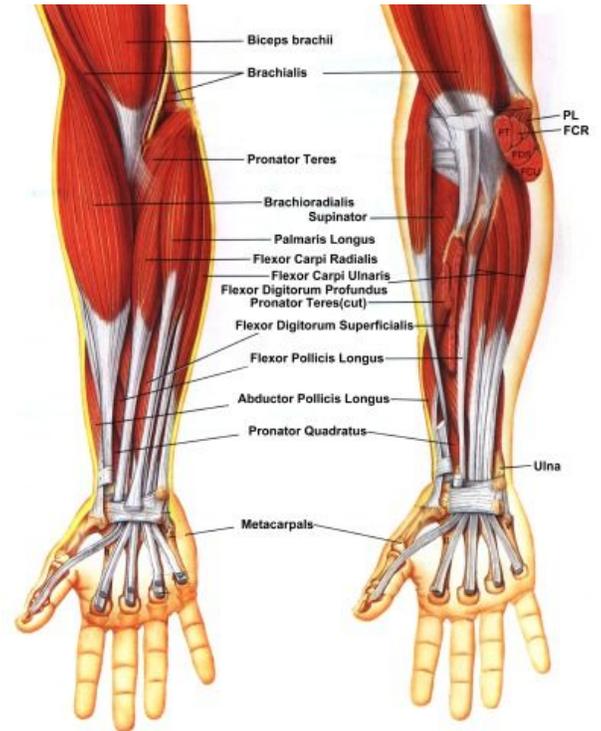




Elbow Injury *PROTOCOL*

BACKGROUND

- **Causes:**
 - Overuse activities
 - Muscle weakness
 - Improper technique or equipment use
- **Related activities:**
 - Computer use
 - Construction
 - Racquet sports.
- **Signs and Symptoms:**
 - Pain and tenderness on medial or lateral side of elbow
 - Pain and weakness with gripping activities
 - Pain with rotation/twisting of the wrist
 - Pain with lifting objects
- **Conservative treatment**
 - Rest
 - Ice 15 minutes
 - Stretching exercises
 - Strengthening exercises



Stretching exercises



Wrist Flexor Stretch

Begin with elbow extended and **palm facing up**
 Passive pull the finger and hand towards the ground
 Continue until a comfortable stretch is felt

Frequency: 3 sets x 1 min. 2-3 times a day.
Goal: *Increase range of motion*



Wrist Extensor Stretch

Begin with elbow extended and **palm facing down**
 Passive pull the finger and hand towards the ground
 Continue until a comfortable stretch is felt

Frequency: 3 sets x 1 min. 2-3 times a day.
Goal: *Increase range of motion.*



Elbow Injury *PROTOCOL*

ANKLE STRENGTH EXERCISES: *START WHEN PAIN DECREASES*



Grip Strengthening

Hold a tennis ball, rubber ball or silly putty in your hand
Squeeze slowly and hold for five seconds
If the ball is too difficult or painful, try a sock or sponge

Frequency: 2-3 sets until fatigue. 3 times per week.

Goal: *Increase grip strength*



Wrist Flexion Curls

Rest arm on table with elbow extended
Grasp a small weight with **palm facing up**
Slowly curl wrist up towards the ceiling
Hold for three seconds then slowly lower

Frequency: 2-3 set until fatigue. 3 times per week.

Goal: *Increase forearm strength*



Wrist Extension Curls

Rest arm on a table with elbow extended
Grasp a small weight with **palm facing down**
Rise up on your toes. Hold ONE sec, slowly lower.
Slowly curl wrist up towards the ceiling
Hold for three seconds then slowly lower

Frequency: 2-3 sets until fatigue. 3 times per week.

Goal: *Increase forearm strength*



Hammer Twist

Sit with you arm resting on your knee or table
Grasp a hammer in your hand
Slowly rotate the hammer side to side
Grasping the handle further from the head increased difficulty

Frequency: 2-3 sets until fatigue. 3 times per week

Goal: *Increase forearm strength*