

# Therapy Department

## Lateral Elbow Pain

Repeat: **1** time(s), every **1** day(s)

Estimated Total Time: **00:26:03**



kiiio FLEX Program Prepared by:  
**Therapy Department**  
**Hand to Shoulder Center**  
of Wisconsin  
(920) 730-8833  
tparry

**Notes:** Avoid performing lifting and gripping activities with your palm down. Try to complete tasks with your palm facing up; this will transfer load to the other side of the forearm. Avoid long reaches, hold items close to your body, and avoid repetitive gripping. Maintain good, upright posture at rest and during activity.

### 1: Wrist Extensor Stretch

Hold your arm straight out in front of your shoulder, palm down. Bend your wrist and fingers down and back toward you using your opposite hand to apply some overpressure.



Effort

**1 Set x 10 Reps**

6.0 sec. each (Total: 0:01:00)



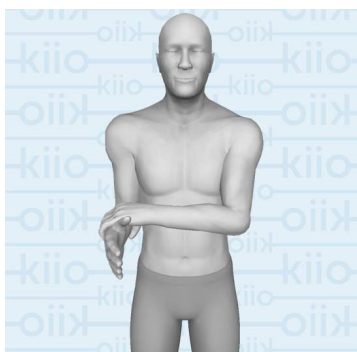
Remember

**Don't hyperextend elbow.**

**Keep palm down.**

### 2: Neuromuscular Reeducation - Forearm Supination

Stand with your arm at your side, elbow bent 90°, palm facing inward. Place your opposite hand over your involved forearm. Grasp the radial head and gently pull it inward while rotating your palm up. Release pressure as you return to the starting position.



Effort

**1 Set x 10 Reps**

5.0 sec. each (Total: 0:00:50)



Remember

**Keep elbow at your side.**

### 3: Cross Friction Massage to Lateral Elbow

Your therapist will assist with finding the right spot on the outside of your elbow to massage. Once you have located the tendon, use 2-3 fingers to apply pressure and drag across the tendon. Release pressure and return to the starting position. Repeat.



Effort

**1 Set x 5-10 Mins**

2.0 sec. each (Total: 0:05:00 - 0:10:00)



Remember

**Remove pressure off of the tendon when you transition back to the starting position**

### 4: Eccentric Loading for Lateral Tendinopathy

Hold a dumbbell in your hand. Use your opposite hand to bring your wrist as far back as you can. Remove opposite hand and allow your wrist to slowly lower.



Effort

**3 Sets x 15 Reps**

8.0 sec. each (Total: 0:06:00)



Remember

**Slowly lower wrist to a count of 4. Should be pain free**

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### 5: Radial Nerve Flossing - Elbow

Stand with your arm at your side, elbow bent 90°, palm down. Using your opposite hand to keep your index and middle fingers extended, bend your wrist as you shrug your shoulder and tip your head to the same side. Then gently relax your shoulder and bring your head and wrist back to the starting position. Perform this exercise in a slow, rhythmic fashion.



Effort

**1 Set x 10 Reps**

4.3 sec. each (Total: 0:00:43)



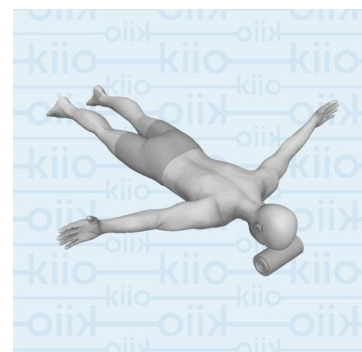
Remember

**Gentle stretch only.**

**Avoid pain, numbness or tingling.**

### 6: Scapular Retraction T's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides at shoulder height creating a "T" with your body, palms facing ahead of you. Lift your arms off the floor until they are even with your back, keeping your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

**1 Set x 15 Reps**

6.0 sec. each (Total: 0:01:30)



Remember

**Squeeze shoulder blades together and down.**

**Keep thumbs pointing up.**

### 7: Scapular Retraction Y's - Prone (Towel Roll)

Lie face down on the floor with your forehead on a towel roll. Your arms should be out to your sides, hands slightly overhead creating a "Y" with your body, palms facing to the side. Lift your arms off the floor until they are even with your back, keeping your thumbs pointing to the ceiling to activate your rotator cuffs.



Effort

**1 Set x 15 Reps**

6.0 sec. each (Total: 0:01:30)



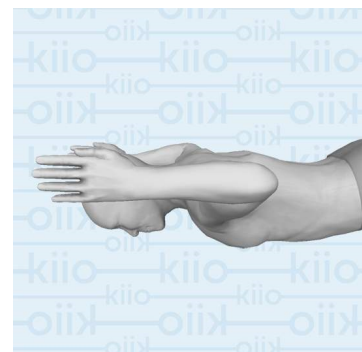
Remember

**Squeeze shoulder blades together and down.**

**Keep thumbs pointing up.**

### 8: Rhomboid Lift - Prone

Lie on your stomach, face down, arms out to the sides, elbows and shoulders bent 90° (goal post position). Starting with palms down, rotate your thumbs toward the ceiling as you lift your arms up until they are even with your body.



Effort

**1 Set x 15 Reps**

3.0 sec. each (Total: 0:00:45)



Remember

**Squeeze shoulder blade muscles.**