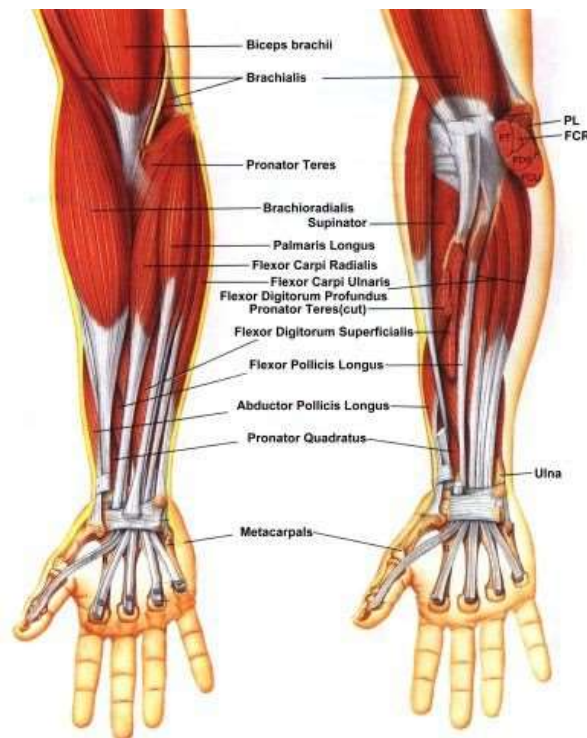




## Elbow Injury **PROTOCOL**

### 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

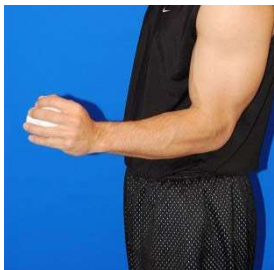
**Frequency:** 3 sets x 1 min. 2-3 times a day.

**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