

## GOLF ELBOW



### WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time  
Complete 3 Sets

Hold 15 Seconds  
Perform 1 Time a Day

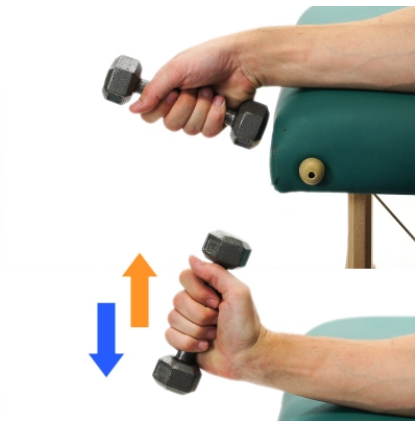


### WRIST CURLS - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell and resting your forearm on your thigh, bend your wrist up and down with your palm face up as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### FREE WEIGHT RADIAL DEVIATION - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm facing towards the side as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### FREE WEIGHT SUPINATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the inside of your body and then return as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### FREE WEIGHT PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small free weight / dumbbell, slowly lower the weight towards the outside of your body and then return as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### SELF MASSAGE BALL - CROSS FRICTION MEDIAL ELBOW

Sit in chair and place your arm on a table with palm directed upwards.

Place a lacrosse ball or tennis/racquetball on your arm at the inner elbow.

Roll the ball side-to-side for a gentle massage.

Duration 30 Seconds  
Complete 1 Set

Perform 1 Time a Day



## ICE MASSAGE TO MEDIAL EPICONDYLE - WRIST FLEXOR TENDONS - GOLF ELBOW

Place direct ice from an ice massage cup to the medial epicondyle of the elbow. Move the ice in a circular motion for up to 5-10 minutes. Use towels to catch the water drippings. This is commonly the area of inflammation as describe with a Golf Elbow injury.

You should feel 4 stages of sensations starting with...

1. Uncomfortable sensation of cold, then
2. Stinging, then
3. Burning or aching feeling, then
4. Numbness

If the pain is too great to handle, lift it off your skin for a few seconds, dab with towel and then place it back on for a few circular motions and repeat.

Duration 10 Minutes

Complete 1 Set

Perform 1 Time a Day