

## Level 2 - Eccentric Exercises for: Lateral Epicondylitis (Tennis Elbow)

A study was done in Clinical Rehabilitation in 2014 by Cullinane F. et al<sup>1</sup> looking into the effectiveness of eccentric exercises for the treatment of lateral epicondylitis (tennis elbow). They did a systematic review of 12 studies that looked into this, and concluded that eccentric exercises as part of a multimodal therapy programme were effective in improving outcomes in patients with lateral epicondylitis.

<sup>1</sup>Frances L Cullinane, Mark G Boocock, Fiona C Trevelyan. Is eccentric exercise an effective treatment for lateral epicondylitis? A systematic review, Clinical Rehabilitation January 2014 28(1):3

### 1- Wrist extensors stretching - Repetition:3 / Hold:30 seconds



Extend one arm out in front with the elbow straight.  
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.  
Turn wrist towards the small fingers (outwards) to increase the stretch.



### 2- Extensors stretching - Repetition:3 / Hold:30 seconds



Place the arms at chest height with elbows bent and hands together.  
With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm.  
Hold the stretch.



### 3- Supinators stretch - Repetition:3 / Hold:30 seconds



Bend one elbow and place it next to your body.  
Keep the palm facing down on the stretched arm.  
Place the other hand above your wrist.  
Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm.  
Hold this position and then repeat.



**4- Tyler twist (eccentric wrist extension) - Sets:3 / Repetition:10**



Hold a flexbar or similar device with your injured hand, the wrist in slight extension. The injured hand will be on the bottom of the flexbar. Twist the flexbar with the other hand while holding the lower wrist (injured arm) in extension.

Bring the bar to horizontal.

Follow the direction of the twist with the injured arm by bringing the wrist in flexion (downwards movement) in a controlled movement.

Repeat the process.



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**5- Eccentric wrist extension - Sets:3 / Repetition:10**



Sit down on a chair and lift the involved wrist using the opposite hand. Once in the elevated position, let the wrist come down slowly back to the starting position, controlling the descent.

Lift back the wrist with the opposite hand and repeat.



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**6- Eccentric wrist extension (band) - Sets:3 / Repetition:10 / Hold:1-2 seconds**



Sit down on a chair and lift the involved wrist using the opposite hand. Once in the elevated position, let the wrist come down slowly back to the starting position, controlling the descent and resisting against the pull of the band.

Lift back the wrist with the opposite hand and repeat.



**7- Wrist extension, elastic** - Sets:3 / Repetition:10 / Hold:1-2 seconds



Place an elastic under your foot.  
Place your forearm on a table with your hand off the edge of the table.  
Hold the elastic in your hand with your palm facing down and bend your wrist upward keeping your forearm still. Hold for a few seconds. Return slowly and repeat. Once you can perform 30 with no pain, progress to wrist extension in flexion with no support.



**8- Ecc. drop & catch extension** - Sets:3 / Repetition:10 / Hold:1-2 seconds



Start with your forearm supported on a table with your hands off the edge, holding a resistance band palm down.  
With your wrist extended, quickly drop down your wrist, stopping the movement half-way.  
Using your opposite hand, lift back the wrist to the starting position and repeat.



**9- Eccentric wrist extensors - Level 1** - Sets:2 / Repetition:10 / Hold:10



Sit with your hand hanging over the edge of a table with the palm facing down.  
Lift your hand with the opposite hand up as high as possible while keeping your forearm on the table.  
Slowly lower your hand using its own strength as low as possible and repeat.



**10- Lateral pinch, washcloth** - Sets:2 / Repetition:10 / Hold:5 seconds



Sit and firmly hold a facecloth between your thumb and index finger of the working hand.  
Pull on the facecloth with the opposite hand.  
Repeat the exercise with each of the other fingers and the thumb.



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**11- Prehension with ball** - Sets:2 / Repetition:10 / Hold:10



Hold a small ball in your hand and squeeze it as hard as you can.  
Release the ball slowly.  
If your hand is swollen, squeeze and release the ball quickly as in a pumping motion.



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**12- Fingers ext./abd., elastic** - Sets:2 / Repetition:10 / Hold:10



Split your fingers and thumb apart against the elastic without bending them.

