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# Healthy Elbow Solutions

"If you have any medical problems, please consult a health care professional before attempting any of these stretches"

## Tennis Elbow Active Stretch

video #1



Elbows straight, palms down, make a gentle fist.



Bend wrists down.



While keeping wrists bent down, rotate arms so pinkies face up.



Bring arms back and bring shoulder blades together and hold for 5 seconds.

Perform 3 repetitions

## Tennis Elbow Passive Stretch

video #23



Use your other hand to gently pull down on back of hand until you feel a stretch from your fingers to your elbow. Hold for 5 seconds.



Straighten elbow with palm down. Bend wrist down and make a gentle fist. If you feel pain in the back of the hand, then just relax fingers and do not make a fist.

Perform 3 repetitions

video #24

## Golfer Elbow Stretches

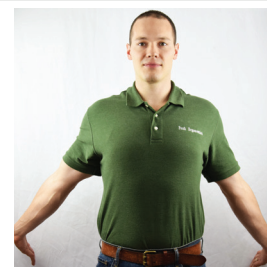
video #2



Start with elbow straight and palm up. Bend wrist and fingers toward floor. Use the other hand to gently pull down on PALM AND FINGERS. You will feel a stretch to your elbow. Hold for 5 seconds.



Start with elbows straight, palms up, bend wrist down so fingers point at floor and spread fingers apart. Move arms back and squeeze shoulder blades together and hold for 5 seconds.



Perform 3 repetitions



## Strengthening Exercises

### Grip video #13



Keep wrist perfectly straight and palms facing each other. Squeeze putty for 10 - 30 reps.

### Hammer video #14

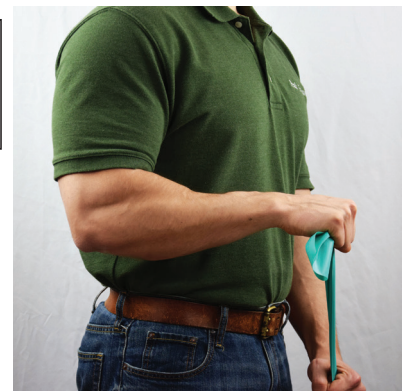


Keep wrist perfectly straight and elbow held close to body. Rotate hammer until your palm is up, then rotate palm down. Perform slowly for 10-30 reps.

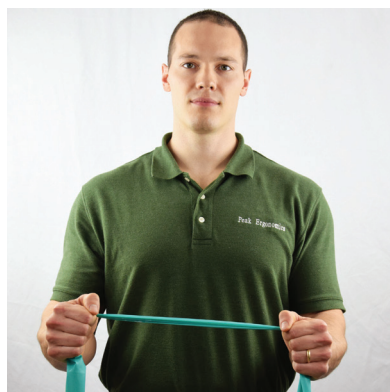
### Eccentric video #53



Extend wrist upwards. Place band into hand. Lower wrist down. Release band. Perform 10-30 reps.



### Isometric #1



Hold band with palms facing each other and wrists perfectly straight with elbows at 90 degrees. Hold for 5 seconds. Perform 10 repetitions.

Try to extend wrist up, but use your opposite hand to resist so that no motion occurs. Hold for 5 seconds. Perform 10 repetitions.

### Isometric #2 video #46

