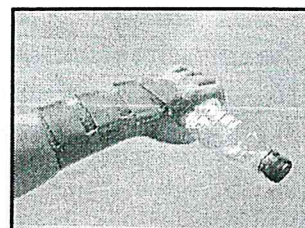


Tennis Elbow – RJAH after injection guidelines

Phase 1 (0-3 days after procedure)

Goals

- Protection of affected tendon
- Pain relief
- The large dressing is to be left in place for approximately 2 days.
- This will be removed at home and replaced with a small dressing.
- Support - You may want to wear a wrist brace for comfort.



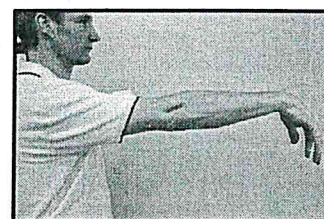
- **Gentle active elbow movement exercises.**
- Do not force any movement.
- Take the hand toward the shoulder
- Then gently straighten
- Perform the movement 10 times
- Repeat 4 sessions in the day



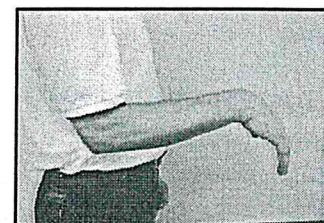
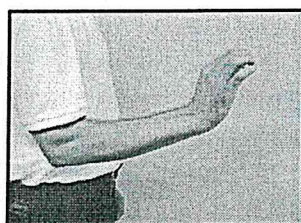
Phase 2 (3 – 14 days)

Goals

- Gradually use the arm for gentle daily activities
- Stop using the wrist brace
- Do not over stress the tendon through exercise, lifting or pushing.
- Continue the gentle active elbow movement – regain full movement of the elbow.
- Start forearm stretch – straighten the elbow and drop wrist
- Hold the stretch for 20 seconds twice a day.
- You can massage the forearm as you hold the stretch



- **Start active wrist movements**
- You can support the forearm for comfort.
- Raise the wrist then slowly lower the hand over **5 seconds**
- Return the hand to the start position.
- Repeat the movement 10 times
- 4 times a day



- Gradually restart normal lower body exercise
- You can apply an ice pack for 10-15 minutes to control pain after exercise.

RJAH Tennis elbow post injection guidelines Phase 3 (2-6 weeks)

Goals

- Attain full elbow and wrist movement – Physiotherapy joint & tissue mobilisations may be helpful
- Improve strength and endurance
- avoid fast or intense movements such as throwing or heavy weight lifting
- avoid post activity pain of more than 30 minutes

1. Forearm muscle stretch –

Gently place the back of your hand against the wall and straighten your elbow.

Hold the stretch for 30 – 60 seconds.

Massage the top of the forearm muscle whilst you hold the stretch position.

Repeat this once or twice every morning and evening.



2. Eccentric forearm strengthening – Hand Lowering, elbow bent.

Hold a weight as instructed (normally - **Ladies 0.5kg, Men 1kg**)_____

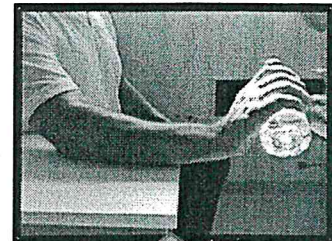
Support your forearm, keeping your hand and wrist free.

Raise the weight (you can assist the movement with your free hand if you want) cocking your wrist up. Then hold the weight in the affected hand with no support. **Slowly lower the weight.** Make the movement last **4/5 seconds.** Return your hand to the start position.

Repeat this movement **15 times – this is one set.**

In an exercise session you need to perform **4 sets** and have **60 seconds rest between each set.** Therefore you need to allow 10-15 minutes to perform the exercise **every day.**

It is important that you feel some level of discomfort as you perform these exercises. This shows that you are working the muscle hard enough but the discomfort needs to be at a manageable level.



3. Core exercise – Wall Press

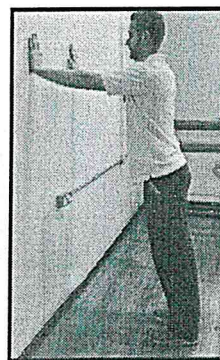
Stand with arms outstretched and palms sitting just above the shoulder height.

Keep your shoulders strong and your trunk straight as you bend your elbows taking them down to the wall.

Then push your arms out straight.

Repeat 10 times x 3 sets in a session, daily.

Apply ice pack for 10-15 minutes to control pain after exercise.



RJAH Tennis elbow post injection guidelines

Phase 4 – start between weeks 4/6 to 8

1. **Support** - You may wish to wear a clasp or splint whilst performing an irritating activity.
You should not wear these whilst you are resting or at night.

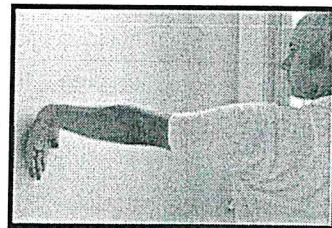
2. Forearm muscle stretch –

Place the back of your hand against the wall and straighten your elbow.

Hold the stretch for 30 – 60 seconds.

Massage the the top forearm muscle whilst you hold the stretch position.

Repeat this every morning and evening, and any other time it feel useful.



3. Eccentric strengthening – Elbow bent & straight – Every other day.

You will do 4 sets of the exercise:-

Sets 1 & 3 with the elbow bent.

Sets 2 & 4 with the elbow straight.

Hold the weight - _____

(normally - Ladies 1kg, Men 1.5kg)

Keep your hand and wrist free.

Raise the weight, cocking your wrist up.

Then **slowly lower the weight**, making the movement last **4/5 seconds**.

Return your hand to the start position.

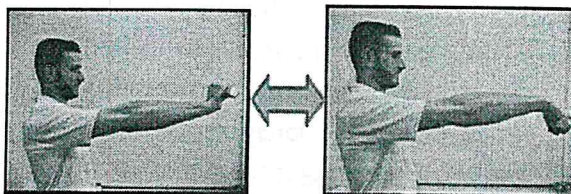
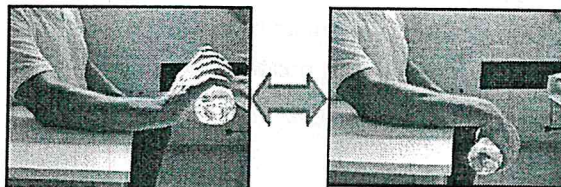
Repeat this movement **12 times in a set**

Perform 4 sets in a session with 60 seconds

Rest between each set.

Because we have increased the weight we

Now need to do this exercise every other day.



It is important that you feel some level of discomfort as you perform these exercises. That shows that you are working the muscle hard enough but the discomfort needs to be at a manageable level. If the recommended weight is too difficult Stick to the previously tolerated weight.

4. Ball bounces

Bounce a large ball with one or two hands – for a minute after exercise No. 3



RJAH Tennis elbow post injection guidelines

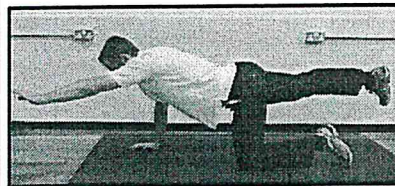
Phase 4 – start between weeks 4/6 to 8

5. Core exercise – Superman, daily.

On your hands and knees, keep your chin and stomach tucked in. Your spine must stay still as you reach an arm forward and the opposite leg reaches behind you. Do not allow the spine or pelvis to twist. It is useful to imagine balancing a tray across your shoulders and pelvis and not allowing it to tilt.

Hold the position for 5 seconds then swap hand and leg.

Repeat 10 times on each side. If unable to perform due to other joint issues, continue with the wall press exercise. This is to be performed daily.



6. Fascial/ Neural glides

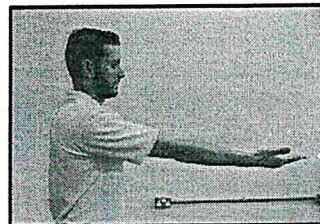
Standing or sitting – pretend that you have a party plate of food balancing on the palm of the affected arm.

Start with the hand in front of you. Palm up.

Keep trying to “balance the plate” and reach the plate behind your back by turning your palm in towards your waist.

Then return your hand to the start position and repeat that movement in a rhythmical manner for 30 – 60 seconds.

Twice a day. Daily.



7. Anconeus training - isometric holds

Cup your affected elbow with your opposite hand. Feeling your affected elbow – place your thumb on the outer sore bony lump of the elbow joint.

Place the middle finger on the big bony olecranon process at the back of your elbow. Then your index finger sits in the hollow between your thumb and middle finger. When your affected elbow is relaxed you should feel the hollow easily.

Try to straighten your affected elbow gently

– pushing your forearms against each other – you should feel a small muscle tension and buldge under your index finger. This small muscle is called Anconeus. You should be able to keep this muscle buldging as the elbow pushes straight on your affected side. If you cannot do this then you will be told to include this exercise.

The exercise should be performed gently and slowly, 10 times on a daily basis



You can apply an ice pack for 10-15 minutes to control pain after exercise.

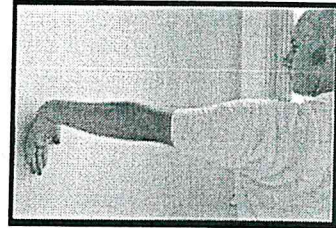
RJAH Tennis elbow post injection guidelines

Phase 4 – weeks 8-10

1. **Support** - You may wish to wear a clasp or splint whilst performing an irritating activity.
You should not wear these whilst you are resting or at night.

2. Forearm muscle stretch – daily

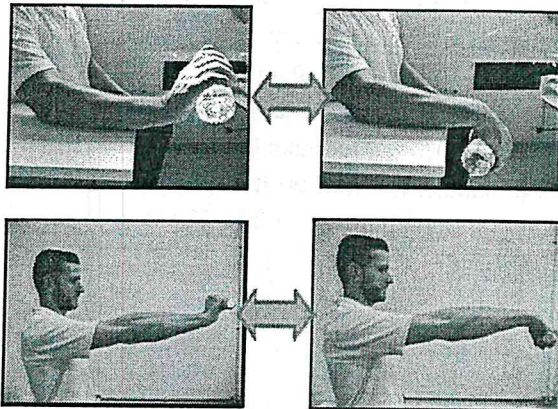
Place the back of your hand against the wall and straighten your elbow.
Hold the stretch for 30 – 60 seconds.
Massage the the top forearm muscle whilst you hold the stretch position.
Repeat this every morning and evening, and whenever you find helpful.



3. Eccentric strengthening – Elbow bent & straight – Every other day.

You will do 4 sets of the exercise:-
Sets 1 & 3 with the elbow bent.
Sets 2 & 4 with the elbow straight.

Hold the weight - **Ladies 1.5 kg, Men 2 kg.**
If this is too painful stick to the previously tolerated weight.
Keeping your hand and wrist free. Raise the weight, cocking your wrist up.
Then **slowly lower the weight**, making the movement last **4/5 seconds**.
Return your hand to the start position.
Repeat this movement **10 times in a set**
– **4 sets** in a session with 60 seconds rest between each.
Do this exercise **every other** day.



It is important that you feel some level of discomfort as you perform these exercises. That shows that you are working the muscle hard enough but the discomfort needs to be at a manageable level.

4. Throwing a ball

Start gently and increase how hard you throw the ball as you practice more.
10 throws in a set, with a small rest between sets.
3 or 4 sets in a session



5. Ball/ orange toss

Hold a small ball or orange in your hand. Toss it in the air and catch it. Repeat approximately 10 tosses in a set, 3 or 4 sets in a session. Every other day.



if nowhere suitable –
Continue the ball bouncing exercise

RJAH Tennis elbow post injection guidelines

Phase 4 – weeks 8-10

5. Core exercise – half side plank, daily.

Lie on your side with your shoulders, hips and knees in a straight line. Your knees bent, with your feet behind you. Prop yourself up on your elbow and raise your pelvis off the floor.

Hold the position for 15 seconds then rest – repeat x 4.

Then roll over onto your other side and repeat the exercise.

If unable to do due to other joint issues, continue with the wall press.



6. Fascial/ Neural glides - daily

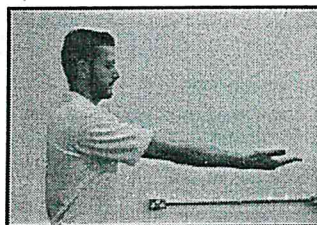
Standing or sitting – pretend that you have a party plate of food balancing on the palm of the affected arm.

Start with the hand in front of you. Palm up.

Keep trying to “balance the plate” and reach the plate behind your back by turning your palm in towards your waist.

Then return your hand to the start position and repeat that movement in a rhythmical manner for 30 – 60 seconds.

Twice a day. Daily.



7. Anconeus training - isometric holds – daily

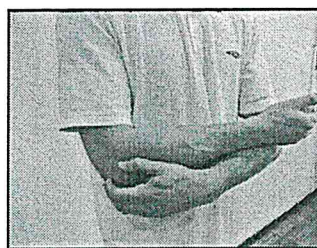
Cup your affected elbow with your opposite hand. Feeling your affected elbow – place your thumb on the outer sore bony lump of the elbow joint.

Place the middle finger on the big bony olecranon process at the back of your elbow. Then your index finger sits in the hollow between your thumb and middle finger. When your affected elbow is relaxed you should feel the hollow easily.

Try to straighten your affected elbow gently

– pushing your forearms against each other – you should feel a small muscle tension and buldge under your index finger. This small muscle is called Anconeus. You should be able to keep this muscle buldging as the elbow pushes straight on your affected side. If you cannot do this then you will be told to include this exercise.

The exercise should be performed 10 times on a daily basis



You can apply an ice pack for 10-15 minutes to control pain after exercise

RJAH Tennis elbow post injection guidelines

Phase 4 – weeks 10 - 12

1. **Support** - You may wish to wear a clasp or splint whilst performing an irritating activity.
You should not wear these whilst you are resting or at night.

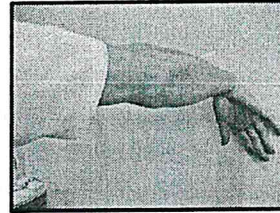
2. **Forearm muscle stretch – with forearm twist**

Place the back of your hand against the wall and straighten your elbow
Then turn your forearm so that your fingers point outwards whilst still
keeping the wrist against the wall and the elbow straight.

Hold the stretch for 30 – 60 seconds.

Massage the the top forearm muscle whilst you hold the stretch position.

Repeat this every morning and evening, and whenever helpful.



3. **Eccentric strengthening – Elbow bent & straight – Every other day.**

You will do 4 sets of the exercise:-

Sets 1 & 3 with the elbow bent.

Sets 2 & 4 with the elbow straight.

Hold the weight - **Ladies 2 kg, Men 3 kg.**

If this is too painful stick to the previously tolerated weight.

If too easy increase the weight a little.

Keeping your hand and wrist free. Raise the weight,
cocking your wrist up.

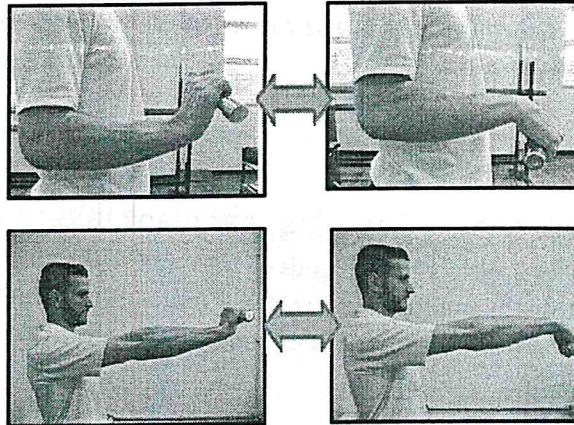
Then **slowly lower the weight**, making the
movement last **4/5 seconds**.

Return your hand to the start position.

Repeat this movement **8 times in a set**

4 sets in a session with 60 seconds rest between each set

Do this exercise every other day.



It is important that you feel some level of discomfort as you perform these exercises. That shows that you are working the muscle hard enough but the discomfort needs to be at a manageable level.

4. **Release & catch ball/ orange**

Standing or sitting with ball in your hand.

Elbow bent. Ball towards the floor.

Release the ball from your hand and re-catch it

As quickly as you can.

10 releases in a set. 3 or 4 sets in a session with

30 - 60 seconds rest between each set. Every other day.



5. **Ball/ orange toss**

Hold a small ball or orange in your hand. Toss it in the
air and catch it.

Repeat approximately 10 tosses in a set.

3 or 4 sets in a session with a 30-60 second rest between
each set. Every other day.



RJAH Tennis elbow post injection guidelines

Phase 4 – weeks 10 - 12

5. Core exercise – side plank, alternate days.

Lie on your side with your shoulders, hips and legs in a straight line.

Your upper leg can go forward. Prop yourself up on your elbow and raise your pelvis off the floor.

Hold the position for 15- 30 seconds then rest – repeat x 2.

Then roll over onto your other side and repeat the exercise.

Do not hold your breath and breathe normally.

If unable to do due to other joint issues, continue with the wall press.



6. Core exercise – front plank, alternate days.

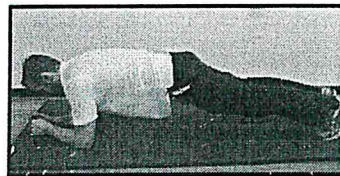
Lie on your front. Prop yourself up on your elbows and tuck your toes

Underneath you.

Pull in your tummy muscles and raise your trunk off the floor and hold.

Keep your breathing relaxed.

Hold position for 30 seconds. Repeat x 2



7. Core exercise – Standing rear plank, alternate days.

Stand with your back to a table. Hands on the edge. Move your feet away.

Pull in your stomach muscles in and squeeze your buttocks together.

Raise your bottom away from the table and hold that position for 30 – 60 seconds.

Breathe normally.



8. Fascial/ Neural glides - daily

Standing or sitting – pretend that you have a party plate of food balancing on the palm of the affected arm.

Start with the hand in front of you. Palm up.

Keep trying to “balance the plate” and reach the plate behind your back by turning your palm in towards your waist. Then return your hand to the start position and repeat that movement in a rhythmical manner for 30 – 60 seconds.

Twice a day.

9. Anconeus training - isometric holds - daily

If this exercise is still difficult to do - continue to perform the exercise 10 times on a daily basis.

You can apply an ice pack for 10-15 minutes to control pain after the exercises.

You may need to continue these exercises for many months before your symptoms are at their best. Please progress under the guidance of your physiotherapists.