

Clinician Notes

This is a standard protocol that you can do at home. Do not hesitate to contact crwathletictraining@ecu.edu to arrange for an evaluation and protocol specific to you.



Supported Wrist Circumduction

REPS: 20 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your elbow resting on a table, your hand in a fist, supporting your arm just below your wrist.

Movement

Slowly move your fist in a circle, first in one direction, then the other.

Tip

Make sure to only move your wrist during the exercise.



Seated Claw Fist AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

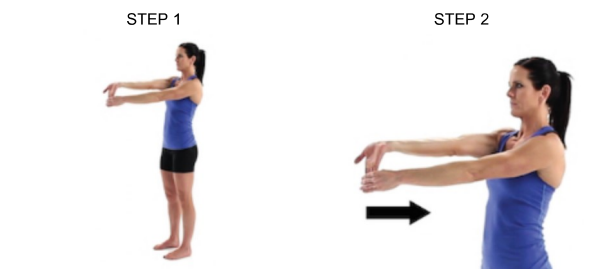
Begin with your wrist and fingers straight.

Movement

Curl your fingers toward your palm, bending at the middle knuckles. Return to the starting position, then repeat.

Tip

Make sure to keep your wrist straight during the exercise.



Standing Wrist Extension Stretch

REPS: 1 | SETS: 1 | HOLD: 60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.



Seated Eccentric Wrist Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can hold a water bottle or can of soup if you do not have a dumbbell available. Take about 5 secs to lower back down

Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge, palm face down.

Movement

Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.



Seated Wrist Supination/Pronation with Can

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin with your forearm resting on a table or surface next to your body, holding a can.

Movement

Slowly rotate your palm up and down.

Tip

Make sure to keep your wrist straight throughout the movement.



Resisted Finger Abduction - Index and Small

REPS: 10 | SETS: 3 | HOLD: 5 SECS | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with your wrist straight and a rubber band around your fingers.

Movement

Gently spread your fingers apart, then slowly return to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist straight during this exercise. This exercise should not include your thumb.



Finger Extension with Resistance

REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your elbow resting on a table, one loop of a rubber band around your thumb, and the other loop around the rest of your fingers.

Movement

Straighten your fingers against the resistance, then relax and repeat.

Tip

Make sure to move only your fingers, and keep your wrist straight during the exercise.



Seated Wrist Flexion with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can use a water bottle or can of soup if a dumbbell is not available

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.



Seated Wrist Radial Deviation with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can use a water bottle or can of soup if a dumbbell is unavailable

Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

Tip

Make sure to keep your fist facing the middle of your body.

STEP 1



STEP 2



Seated Wrist Ulnar Deviation with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

You can use a water bottle or can of soup if a dumbbell is not available

Setup

Begin sitting upright with your arm at your side and your thumb facing forward, holding the end of a dumbbell with the other end pointing behind you.

Movement

Slowly bend your wrist backward, then return to the starting position and repeat.

Tip

Make sure to keep the rest of your arm relaxed and do not rotate your forearm during the exercise.

STEP 1



STEP 2



Seated Elbow Manual Massage Clockwise

REPS: 1 | SETS: 1 | HOLD: 60 SECS | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your arm in front of you, resting on a table.

Movement

Use two fingers of your other hand to gently massage the muscles near your elbow in a clockwise pattern.

Tip

Make sure to keep your resting arm relaxed during the exercise.

STEP 1



STEP 2



Standing Wrist Extension Stretch

REPS: 1 | SETS: 1 | HOLD: 60 SECS | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Tennis Elbow



Left Arm: Wrist Extensor Muscles



Left Arm: Lateral Epicondyle



Left Arm: Area of Pain

Tennis elbow, also called lateral epicondylitis, is an overuse injury causing pain in the outside of the elbow. This condition is caused by repeated bending back (extension) and turning (rotation) of the forearm and wrist muscles. Repeated and forceful activities such as turning a screw driver, chopping food, and swinging a tennis racquet can lead to tennis elbow.

The elbow is formed by three bones: the upper arm bone (humerus), and the two bones of the forearm (radius and ulna). There are many muscles that cross the elbow and wrist to complete the detailed movements of the arm and hand. Muscles in the forearm involved in tennis elbow include the wrist extensors which bend the wrist back, and the supinator which turns your palm upwards.

The lateral epicondyle is the part of the upper arm bone where forearm muscles attach. Tennis elbow may involve tiny tears in tendons that attach to the outside of the elbow, resulting in irritation and pain.

Symptoms of tennis elbow include pain and burning at the outside of the elbow, and this pain usually starts gradually and without an injury. Tennis elbow can also cause difficulty lifting or grasping objects, and with any repeated movement of the wrist and elbow.

Preventing tennis elbow can include using proper technique and equipment, avoiding repeated movements when able, and including stretching and strengthening of the arms in your fitness routine.