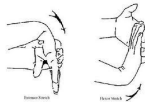


Exercises for Medial Epicondylitis

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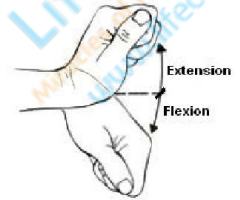
Wrist Stretching



- Stretching the wrist.
- Hold the stretch for 15 - 30 seconds with a bearable pull.
- Repeat it for 3 times.

Active Range of Motion of Wrist

- Move your wrist up and down in pain free range.
- Repeat 3 sets of 10, twice a day.



Resisted wrist range of motion



- In sitting or standing position, hold a dumbbell or other wrist weight.
- Bring the wrist up and down in pain free range.
- Repeat 3 sets of 10 twice a day.

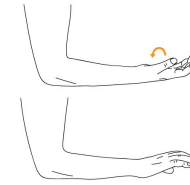
Finger Resistance Exercises

With any external weight, bend and open your fingers.

Repeat 3 sets of 10 twice a day.



Forearm Supination and Pronation



- In a sitting or a standing position, keep your elbow bent at the side of your body with palm facing the ceiling as shown on the first figure.
- Slowly rotate the forearm so the palm faces the floor.
- Repeat 3 sets of 10 twice a day.

