

## Lateral Epicondylitis

**Perform exercises 1, 2 and 3 with 3 sets of 10-15 reps**

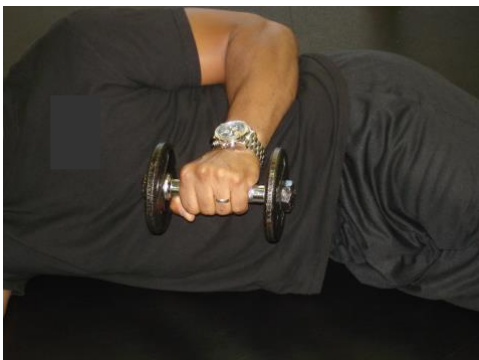
### 1.) Eccentric Loading



- Place affected forearm on a bench with wrist hanging free off the end of the bench
- Use opposite hand to lift weight up to starting position as seen above
- Once in position let go of weight and slowly lower the weight down toward the floor until full range is reached (should take atleast 5 seconds)
- Return to starting position by lifting weight and wrist back up using opposite hand
- Muscle soreness is expected (4 out of 10 pain)
- **Perform this 2X/day, 7 days/week, 2 sets of 12 reps**

**You should continue despite pain, but stop if the pain is disabling.  
Increase load when pain is less than 4 out of 10.**

### 2.) External Shoulder Rotation



- Start by squeezing the shoulder blades together and down toward the back pocket
- Place a pillow or towel between the arm and thorax
- Squeeze the arm into the towel against your thorax as above
- Maintain elbow position throughout exercise
- With palm facing the floor, externally rotate arm to finish position as
- **Perform 3 sets of 15 reps twice daily**