

Tennis Elbow (Lateral Epicondylitis)

Pain on the outside of the elbow from overloaded wrist-extensor tendons. Progressive loading is the most effective treatment; expect 6–12 weeks.

ELBOW • FOREARM

1



Eccentric Wrist Extension

3 × 15 daily, 8–12 weeks

- Lift the wrist with help; lower slowly over 4 sec.
- 0.5–1 kg to start; add weight as it eases.

2



FlexBar Twist

3 × 15 daily

- Twist the bar with the good hand; let the sore side resist slowly.
- The best-evidenced single exercise for this condition.

3



Forearm Rotation

3 × 10 each way

- Hold a light tube; turn palm up, then down.
- Slow and controlled.

4



Grip Squeeze

3 × 10, hold 5 sec

- Squeeze a soft ball or rolled towel.
- Pain-free range only.

5



Band Row

3 × 10

- Pull band to the ribs, elbows back.
- Strong shoulders offload the elbow.

6



Wrist Extensor Stretch

3 × 30 sec

- Elbow straight; bend the wrist down with the other hand.
- Feel it on top of the forearm.

HOW OFTEN

Loading once daily. Isometric holds may ease pain for some but do not speed recovery — loading does.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Swelling, redness, or loss of elbow movement — contact us.