

**REHAB EXERCISES FOR MEDIAL EPICONDYLITIS/**

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The exercises below are designed to help your injured tendon heal and regain full strength. They should not cause pain. If the strengthening exercises cause pain, stop them for 5-7 days and then try again. You cannot get this muscle tendon unit too strong and the goal is to progressively strengthen the muscle-tendon unit over a period of months and then maintain the strength. Most patients will start with only a few pounds but the goal for most women is to progress to 5-10 lbs., men up to 20-25 lbs.



**STRETCHING:** Use the opposite hand to bend the wrist back as shown. Hold this stretch for 1 minute, relax for a few seconds, and repeat doing 5 one minute stretches. The stretch should not cause pain. Do this regimen at least twice daily



**STRENGTHENING:** Perform the wrist curls as shown on the left. Weight should be light enough to allow 3 sets of 12-15 reps. If you do not have weights, place soup cans in a 1-2lb freezer storage bag and grab the end of the bag to do the exercises. If you can only do 3-4 reps, you are using too much weight. Once you can do 15-20 reps, increase weight by 1 lb.



Next, using a hammer or similar type weight as shown to the left, rotate the wrist from palm up to palm down. You should be able to do 3 sets of 20-25 reps. If using a hammer, eventually pull the head further from your hand to increase the leverage as you get stronger.

These exercises should not cause pain, only normal muscle soreness.