

# ActiveLivingPhysio Patient Guide: Tennis Elbow Rehabilitation

## Safe, Effective Home Exercises for Lateral Epicondylitis

### Medical Disclaimer

This guide is for informational purposes only and does not replace professional medical advice. If you experience sharp or shooting pain during any of these exercises, stop immediately and consult a physiotherapist or GP. These exercises are intended for mild to moderate cases of Tennis Elbow (Lateral Epicondylitis).

### Who is this guide for?

Office workers experiencing pain from typing or mouse usage.

Tradespeople such as painters, plumbers, or electricians with repetitive gripping strain.

Athletes including tennis, squash, or badminton players.

Common symptoms include pain on the outside of the elbow, weak grip strength, or pain when twisting or gripping.

### Core Rehabilitation Principles

**No Pain, No Gain is FALSE:** A mild ache or stretch (around 3 out of 10 discomfort) is acceptable. Sharp or stabbing pain means you are aggravating the injury.

**Consistency is Key:** Tendons heal slowly and often require 6 to 12 weeks of consistent loading. If symptoms worsen, stop the exercises and consult a healthcare professional.

**Active Rest:** Avoid painful activities but keep the arm gently moving to prevent stiffness.

### Phase 1: The Gold Standard Exercises

#### 1. Eccentric Wrist Extension

Target: Extensor Carpi Radialis Brevis tendon.

Use the non-injured hand to lift the weight, then slowly lower it over four seconds using the injured wrist only.

Three sets of 10 to 15 repetitions. Rest one minute between sets.

#### 2. Wrist Extensor Stretch

Extend the arm with the palm facing down. Gently pull the hand toward your body until a stretch is felt along the top of the forearm.

Hold for 30 seconds. Repeat three times.

#### 3. Forearm Supination and Pronation

Hold a hammer or frying pan with the elbow tucked into your side. Slowly rotate the palm up and down with two-second holds.

Two sets of 10 repetitions.

### Phase 2: Late-Stage Strengthening

#### 4. Ball Squeeze

Only perform once pain at rest has settled. Squeeze a soft ball for five seconds, then release.

10 to 15 repetitions, twice daily.

## What to Avoid

Heavy lifting with the palm facing down. Lift with palms facing up instead.  
Repetitive twisting activities such as screwdriving or wringing towels.  
Push-ups until you are pain-free.  
Corticosteroid injections in early stages due to long-term tendon weakening risk.

## Routine Summary

Exercise	Frequency	Sets and Reps	Intensity
Eccentric Extension	Daily	3 x 10 to 15	Mild fatigue, no sharp pain
Wrist Stretch	Daily	3 x 30 seconds	Gentle stretch
Supination and Pronation	Alternate days	2 x 10	Slow and controlled
Ice Therapy	As needed	10 to 15 minutes	After exercise if sore

### When to Book an Appointment?

If you see no improvement after two weeks, or if your symptoms worsen, you may benefit from manual therapy, shockwave therapy, or a personalised rehabilitation programme.

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