



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

# TENNIS ELBOW PROGRAM

Tennis Elbow is Pain on the lateral or outside of the elbow. It is common with tennis players, hence the name tennis elbow.

It is important to rest from activities that caused the initial injury, and to strengthen the injured tissue.

This is a program of simple elbow strengthening exercises to help you get back to your everyday life.



[IS IT TENNIS ELBOW? Click Here](#)



[SCRAPPING & DRY NEEDLING: Click Here](#)



ChiroMovement: Tennis Elbow



# CARE

## Phase I: Initial Injury

- Time Frame: Week 0-3
- Treatment: Rest, Physician Care, Gentle Movement, and [Nutrition](#)

## Phase II: Rehab

- Time Frame: Week 1 - 6
- Treatment: Incorporate Exercise to strengthening Injured tissue
- Start with the beginning exercises. When those become easy and pain free add In the Intermediate exercises



## DISCLAIMER

This program is a generalized set of education and exercises meant to build strength, develop functionality, improve proprioception, aid with proper warm-up before activity, and address imbalances that may predispose us to injury.

This program was not built for the purpose of diagnosing or providing highly specific treatment.

Do not perform any exercise that causes pain.

If progress or improvement is not seen during with the provided exercises. Seek medical care from a licensed practitioner.



# Exercises

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## Beginning Exercises

Eccentric Loading w/ Flex Bar

Extension/Flexion

Beginning Elbow Rotation (Supination/Pronation)

Beginning Elbow Controlled Articular Rotations

## Intermediate Exercises

Intermediate Elbow Rotation (Supination/Pronation)

Intermediate Elbow Controlled Articular Rotations

ChiroMovement: Ankle Sprain



**ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.**

**These exercises and videos are not meant for the purposes of diagnosing or examining medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.**

**If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement from any and all claims or causes of action, known or unknown.**