

1



STEMS

Sit to the front of the chair with your back straight and chest up tall. Lightly cross your arms in front by grabbing the opposite elbow. Do the following 6 x each:

- Lift your arms over your head and then lower them down
- Lift your arms over your head and then bend from side to side
- Lift your arms over your head and then turn from L to R.

2



Prone Swiss Ball Alternating "T"

Lay prone over a Swiss Ball with hands and toes planted on the floor. Make sure your shoulders are directly over your wrists. Lift the right arm out to the side by squeezing your right shoulder blade towards your spine. Return to the starting position. Repeat the lift with the left arm. Alternate lifting right and left arms to the side. Perform 2 x 12 repetitions.

3



Walking Lunge with Rotation

Start with feet hip width apart and toes pointed straight ahead. Lunge forward with the right leg as you rotate your trunk to the right. Pull yourself up and forward with the right leg to return to the upright starting position. Repeat while stepping forward with the left leg. Perform 3 x 10 repetitions on each leg.

4



Anterior Cone Touch (Opposite Arm)

Stand on right leg with knee unlocked and foot pointed straight ahead. With your chest up tall, hinge at your hip as you bend forward to touch a cone or any 6" high object about 1-2' in front of you with your opposite hand. Return to the starting position. Perform 3 x 12 repetitions. Repeat while standing on the other leg.

5



Pigeon Pose

Position yourself in the high push-up position. Bring your right knee to your chest and your right foot across your body. Slowly lower your body down to the ground on top of your right leg. You should feel a stretch in the right butt cheek. Hold for five deep breaths or 30 seconds. Repeat on other side.

6



Wrist Flexor Stretch

Place your hands on a flat surface with your fingers facing you. Straighten your arms until you feel a stretch in your forearms. Hold the for five deep breaths or 30 seconds. Repeat this stretch 2 more times.

What is Lateral Epicondylitis?

Lateral epicondylitis is inflammation of the tendon that starts at the outside of the elbow and attaches to the muscles that pull your hand backwards at the wrist. It is also known as tennis elbow and is seen a lot from a backhand in tennis.

The Why Behind the What

Exercise #1 - STEMs

STEMs are great for opening up the upper spine and increasing rotation in this area. If movement happens in the spine, less strain has to happen in the wrist, and this can decrease pain in the area. This exercise only takes a few seconds to complete, and is easy to do when you start to feel any irritation in the hand or wrist.

Exercise #2 - Prone Swiss Ball Alternating “T”

As with Exercise #1, this exercise strengthens the muscles in your upper back that retract and pull the shoulder blade down. It will help with overall posture, and maintain correct positioning of the shoulder blade.

Exercise #3 - Walking Lunge with Rotation

This exercise works the glutes and wakes them up. The muscles that are injuring in lateral epicondylitis are overworked because the gluteal muscles are not doing their part. Waking them up, and strengthening the glutes will prevent further injury to the area. In addition, this exercise teaches the body to twist at the hip and the upper spine, which are two of the three key areas of rotation in the body.

The Common Causes of Lateral Epicondylitis

Lateral epicondylitis is usually considered an overuse injury. The small muscles in your arm have to work so hard to complete the tasks you are asking of them, but the big muscles of your body (the glutes) have not come out to help. This injury can be caused by an immobile hip, decreased ability to rotate in the upper spine, or a shoulder that is not sitting in its correct position.

Exercise #4 - Anterior Cone Touch (Opposite Arm)

This is a great way to both stretch the hamstrings and work the gluteus maximus at the same time. You should feel this exercise in your glutes! Make sure your knee is unlocked and directly over your foot, and keep your back straight to get the most out of this exercise.

Exercise #5 - Pigeon Pose

This is a great stretch for the piriformis muscle, which is a small muscle that sits under the gluteus maximus. If this muscle is too tight, the gluteus maximus shuts off, and the smaller muscles in the body have to work harder. Remember to keep your pelvic level, knee in the back leg straight but unlocked, and your stomach muscles tight.

Exercise #6 - Wrist Flexor Stretch

This is a great stretch of the wrist flexors. If the wrist extensors are long and weak, stretching the flexors is a good way for them to feel some relief.