

HOME EXERCISE PROGRAM

Elbow & Forearm Home Exercise Program

A complete conditioning program for tennis elbow, golfer's elbow & forearm tendon pain

This program stretches and strengthens the forearm muscles and tendons around the elbow — the eccentric-focused approach shown to help tennis elbow and golfer's elbow. Warm the arm gently first. A mild ache during the strengthening is acceptable; sharp pain means reduce the resistance. Progress from no weight to a light (1–3 lb) weight as it gets easier.

Why slow, eccentric strengthening? Tendons and muscles rebuild when they are loaded slowly while lengthening — the “lowering” phase of an exercise. Take 3–4 seconds on every lowering movement marked **Eccentric**. A mild ache (up to 3–4 out of 10) during and shortly after is acceptable and expected; sharp pain, or soreness that worsens into the next day, means reduce the load. These programs work over 6–12 weeks of consistency.

FLEXIBILITY

Do these gently, several times per day.



Wrist Extensor Stretch

5 reps × 15–30 sec, 4×/day

Straighten the arm with the palm down and gently bend the wrist down and toward your body with the other hand until you feel a stretch along the top of the forearm.



Wrist Flexor Stretch

5 reps × 15–30 sec, 4×/day

Straighten the arm with the palm up (or fingers pointing down) and gently pull the hand back with the other hand until you feel a stretch on the underside of the forearm.



Finger Spread

10 reps, daily

Place a rubber band around your fingers and thumb and spread them apart against the resistance, then relax. Strengthens the small muscles that balance the forearm.

ECCENTRIC STRENGTHENING

The heart of tendon recovery. Lift with help if needed, then lower slowly. 5–7 days per week.



Wrist Extension (Eccentric) **ECCENTRIC**

30 reps daily (build to 3 lb)

Rest the forearm on a table, palm down, hand over the edge, holding a light weight. Raise the wrist up, then lower it slowly over a 3-count. Use the other hand to help lift if needed.



Wrist Flexion (Eccentric) **ECCENTRIC**

30 reps daily (build to 3 lb)

Rest the forearm on a table, palm up, holding a light weight. Curl the wrist up, then lower slowly over a 3-count.



Tyler Twist (FlexBar) **ECCENTRIC**

3 sets × 15, daily

Hold a FlexBar upright in the affected hand, palm up, and twist it with the other hand. Bring it out in front with palms down, then slowly untwist using the affected wrist over 3–4 seconds. The classic eccentric exercise for tennis (lateral) elbow.



Reverse Tyler Twist (FlexBar) **ECCENTRIC**

3 sets × 15, daily

Hold the FlexBar with palms down and twist it, then slowly untwist using the affected wrist over 3–4 seconds. The eccentric exercise for golfer's (medial) elbow.



Forearm Supination & Pronation

30 reps daily (build to 3 lb)

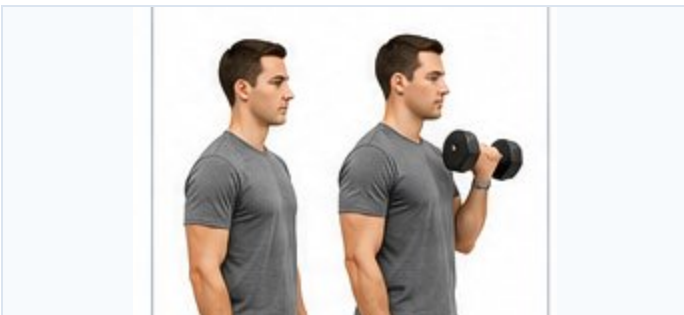
Rest the forearm on a table holding a light weight or hammer vertically. Slowly rotate the palm up, then down, controlling the motion in both directions.



Grip Squeeze

10 reps × 5-sec holds, daily

Squeeze a soft rubber ball or putty, hold 5 seconds, and release. Builds the grip and forearm endurance that protects the elbow tendons.



Eccentric Biceps Curl **ECCENTRIC**

3 sets × 10 slow lowers, every other day

Help lift a light weight up with the other hand, then lower it slowly over 3–4 seconds using the affected arm alone. A mild ache is acceptable.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/elbow.html

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