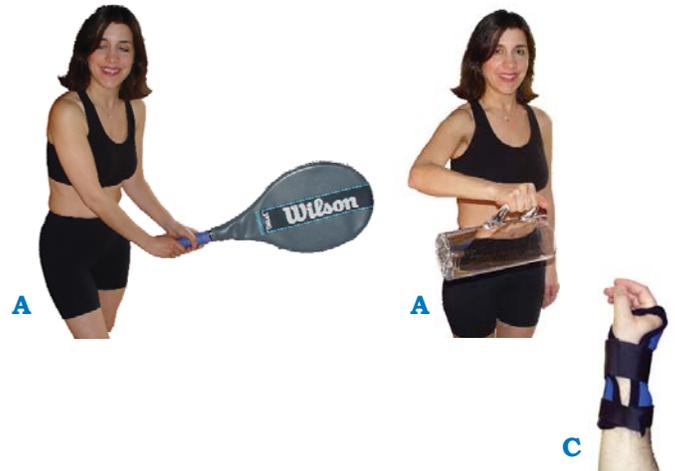


- Avoid activities that aggravate this muscle like
  - Digging with a trowel
  - Prolonged handshaking: If necessary, the hand should be offered in the palm up position & try to alternate hands.
  - Tennis: If necessary, use a graphite or titanium racquet & make sure that a tennis coach goes over the proper position of the wrist when hitting backhands (figure A).
- Pour from your shoulder (figure B).
- Use a wrist support to limit bending your wrist (figure C) & remind you to rotate your hand by rotating your shoulder.
- Do not start strengthening exercises until pain free range of motion has returned.



Stand in a doorway with one leg in front of the other. Grasp the doorway molding at about shoulder level, as in the figure to the right. Twist your body away while maintaining your hold on the molding. You should feel a stretching sensation in the front part of your arm. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by twisting more with each exhalation.

*Repeat this exercise 2-3 times a day until you no longer feel the tightness in your arm when performing it.*



While seated on a comfortable chair with an armrest, allow your elbow to extend over the armrest using it as a fulcrum (figure A). Use your other hand to twist your hand palm down and apply a light force against your forearm in the direction of the floor, but not to the point of discomfort (figure B). With your bottom arm lightly bend your arm against the steady resistance of your hand (not allowing it to budge). Hold it there with the resistance for 3 deep breaths. Upon completion of the breathing allow your arm to slowly relax and try to accentuate the extension at the elbow. Repeat this muscle contraction & release 3 times.

Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position.



To strengthen the brachioradialis sit as if you were shaking hands with the weight, as shown in figure A. In this example we are using a 2 pound dumbbell, but you may use up to 5 pounds. Without twisting your arm or flexing at the elbow lift the weight as you fully exhale, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



To strengthen the brachioradialis sit as if you were shaking hands with the bag, as shown in figure A. In this example we are using a medium sized can of refried beans. Without twisting your arm or flexing at the elbow lift the bag as you fully exhale, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



Also Train: Triceps, Deltoids & shoulder rotator muscles!