

- Avoid forceful activity with the hand flexed or with the wrist cocked toward your pinky finger.
- Do not wring wet clothes. Press them against the side of the sink to drain excess water from them.
- Use a graphite or titanium racquet & make sure that a tennis coach goes over the proper position of the wrist when hitting backhands (figures A).
- If an activity like tennis or golf causes elbow pain, then it should not be performed on consecutive days unless the post-exercise soreness has gone completely.
- When shaking hands for extended periods the hand should be offered in the palm upward position & try to alternate hands.
- Carry packages with the forearms facing the ceiling.
- If the use of a briefcase results in pain, then either tuck the case under your shoulder or use a shoulder bag or backpack.
- Do not flop a briefcase or luggage on a table or bed, use two hands to place it there & position it for opening
- If work requires motions that hurt, then you should ask your physician about wearing an elbow brace for support (figure B).
- Do not rake leaves or walk a large dog until the elbow pain is gone and you are tolerating a strengthening program.
- Do not begin the strengthening program until the elbow is free of soreness & is demonstrating equal range of motion when performing the stretch below.

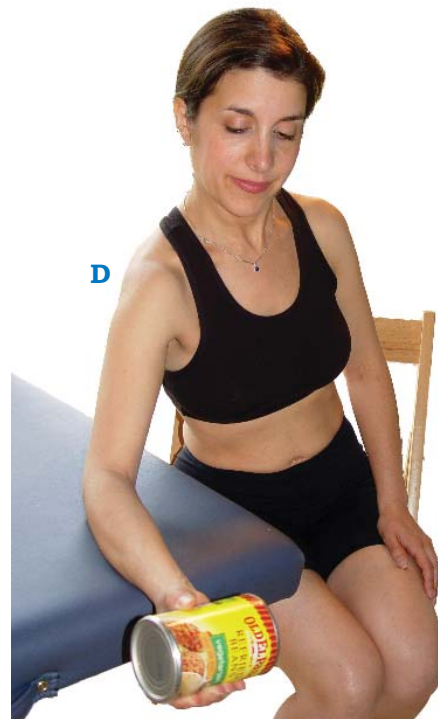


In the seated or standing position, keep your elbow against your side and flex it against your chest. Point your fingers toward the ground and grasp them with your other hand. Gently, extend your wrist toward its' straightened position for 3 deep breaths, while resisting this motion with your other hand. Upon completion of the breathing and the straightening effort there is usually a relaxation of the muscles and the wrist will flex more. Repeat this muscle contraction & release for a total of 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 supinator start in the seated position with your arm resting palm up either on an armrest (figure A). Using not more than 5 lb dumbbell (figure A) or canned fruit (figure B), twist the weight palm down while inhaling deeply (figures C & D). Hold this position for 2 seconds. Then, rotate your forearm palm upward again while you exhale. Repeat these actions for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



Also,
Train

- Biceps muscles
- Pronator muscles
- Triceps muscles