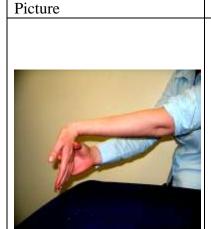
Golfer's elbow program



Exercise

Elbow stretch

- · Stretch out your sore arm out in front of you
- Keep your palm up
- Use your other hand to bring your hand towards your forearm
- You should feel a stretch on the inside of your elbow and/or wrist

Hold_20_s Repeat_10_times _2_sessions/day



Forearm flexor exercise

- Start with your forearm resting on a bench and your hand over the edge, palm facing up
- Holding a small weight use your unaffected hand to bring your affected hand towards your forearm, to the start position
- Slowly control your hand to the point where it is over the edge of the table

Repeat_15_times. Do _3_sets. Do _2_sessions/day Progress weight as it gets easier.

To be done over a 12 week period.

Consult your health practitioner for correct diagnosis and for correct exercise progression.

Consult your health practitioner if condition is not improving.