



Golfer's elbow program

Picture	Exercise
	<p>Elbow stretch</p> <ul style="list-style-type: none"> • 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 <p>Hold_20_s Repeat_10_times _2_sessions/day</p>
	<p>Forearm flexor exercise</p> <ul style="list-style-type: none"> • 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 <p>Repeat_15_times. Do _3_sets. Do _2_sessions/day Progress weight as it gets easier.</p>

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.