

# Phase 1

## GOOD FOR:

- Alleviating posterior elbow and triceps pain
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tools: small massage ball, foam roller, dowel

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

## elbow extensor mobilization

With your arm straight on a bench or table, place a small massage ball (or peanut tool) under your triceps muscles. Massage the entire length of the muscles from the back of your elbow up to the base of your shoulder (armpit region). Add dynamic movement by bending, straightening, and rotating your arm on stiff areas. Spend 1–2 minutes massaging the area, stopping on tender points for 10–20 seconds.



## **elbow extensor mobilization (foam roller variation)**

You can also use a foam roller. Lie on your side, raise your arm overhead, and mobilize the triceps using the same technique as you would with a ball.





## lat mobilization

With your weight over a roller, start at your armpit and work your way down the lat muscle toward your low back. Put your hand behind your head to stretch and expose more of the muscle and roll from side to side on tight spots. Spend 1–2 minutes massaging the area.



## **elbow extensor isometrics**

In a sitting or standing position, place your elbows on a table with your arms bent, then grip the back of one wrist with the other hand. Straighten your elbow with moderate force while holding your arm in place with the opposite hand, which is providing resistance. Do this exercise at a variety of elbow angles to strengthen the triceps tendon. Perform 1 or 2 reps with 30- to 45-second holds at 2 or 3 different angles.

