

## Phase 2

### GOOD FOR:

- Alleviating posterior elbow pain
- Strengthening the elbow extensor tendon
- Warm-up for phase 3 exercises

### GUIDELINES:

- Perform every day
- Do 3 sets of 10–15 reps
- Tools: resistance tube band, dumbbell

Add phase 3 when you can do the exercises with no more than mild pain (3/10)

## push-down eccentrics

Stand or kneel in front of a rack and grip the handle of the resistance band or cable with your injured elbow bent and palm facing down. Use your uninjured arm to pull down on the band, straightening your injured arm at your side.



## push-down eccentrics

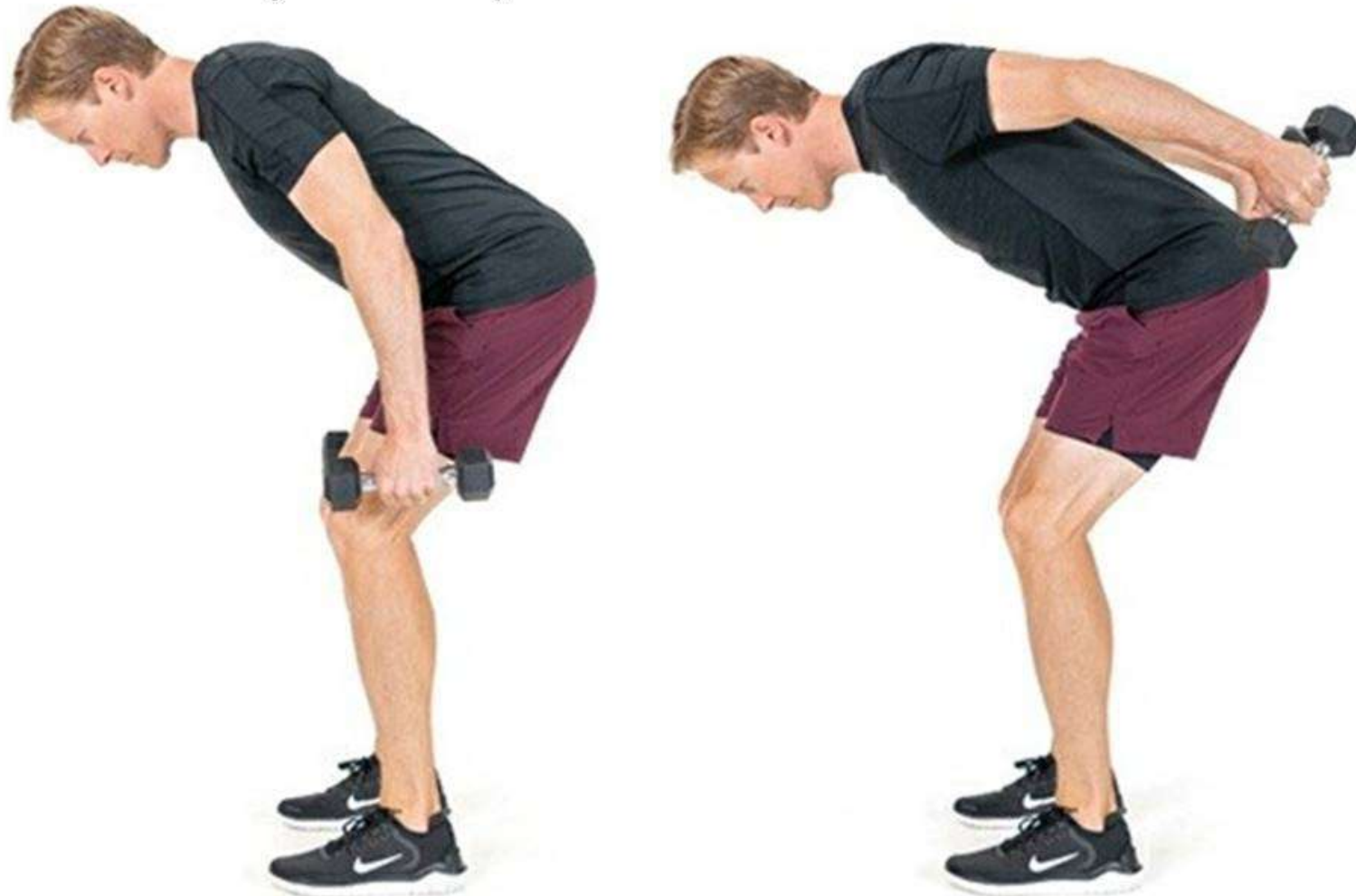
Release your grip on the band with your uninjured arm and perform a slow eccentric contraction with your injured arm back to the start position.





## **bent-over reverse raise**

Holding dumbbells at your sides, hinge from your hips and tilt your torso forward while maintaining a neutral spine. Keeping your arms close to your sides and elbows slightly bent (almost straight), extend your arms behind your body.



## skull crusher

Grip a dumbbell with the insides of your hands (your thumbs and index fingers) wrapped around the handle and your palms cupped around one end of the dumbbell. Straighten your arms and position the dumbbell over your forehead. Slowly bend your elbows and lower the dumbbell over your head.



## shoulder taps

Get into the plank position: hands shoulder width apart, shoulders aligned over your wrists, and back flat. Shifting your weight to one side, reach your opposite hand across your body, touch the shoulder of your supporting arm (quick tap), and then go back to the start position. Immediately repeat on the other side, and that's one rep.

