

Phase 1

GOOD FOR:

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

GUIDELINES:

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

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

Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

wrist extensor mobilization

Lay your arm out straight on a bench or table with your palm facing down. Press a small massage ball into your forearm extensor muscles (where the top of your forearm connects to your elbow) and massage above and below the area. Add dynamic movement on tender points by flexing your wrist while applying steady pressure with the ball.



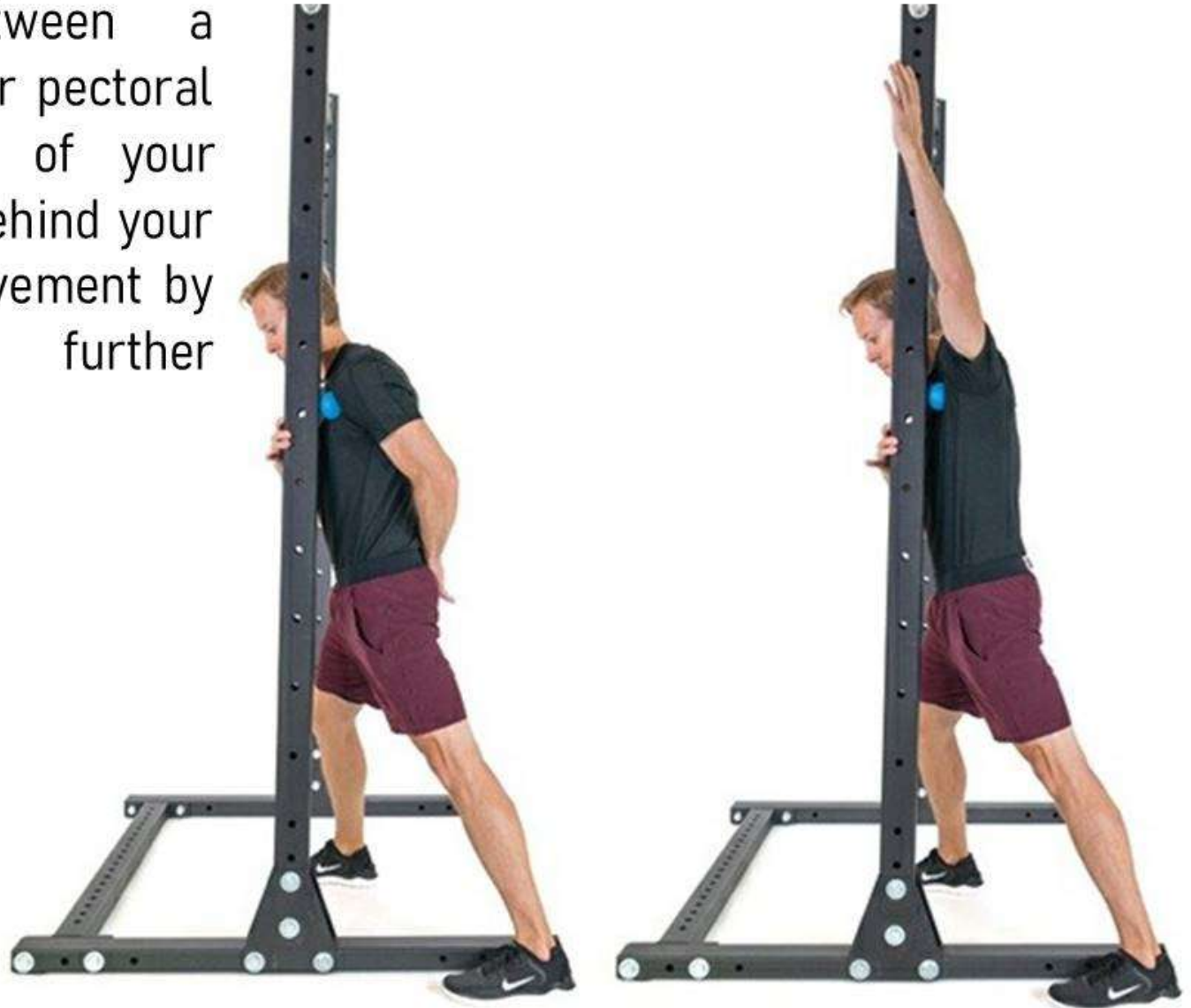
manual variation

The manual variation shares the same technique, but instead of applying pressure with a ball, you use your fingers.



pectoral mobilization

Position the ball between a doorframe or rack and your pectoral muscles near the front of your shoulder. Place that arm behind your back and add dynamic movement by reaching overhead to further mobilize the muscles.



Phase 1

MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Move as far as you can with no more than mild pain
- Pause at end range for 2–3 seconds

radial nerve slider mobility

Starting with your arm out to your side and your palm facing behind you, flex your wrist and tilt your head toward your outstretched arm. In one fluid motion, bend your head away from your arm and extend your wrist. Go back and forth between these positions to mobilize the radial nerve.



Amigo-PT (Protocols)

angel

Position your spine over a foam roller so that your head and tailbone are supported. Start with your arms at your sides and palms facing up, then reach overhead as far as you can without pain.

