

Phase 2

GOOD FOR:

- Alleviating medial elbow pain
- Early tendon strengthening
- Warm-up for phase 3 exercises

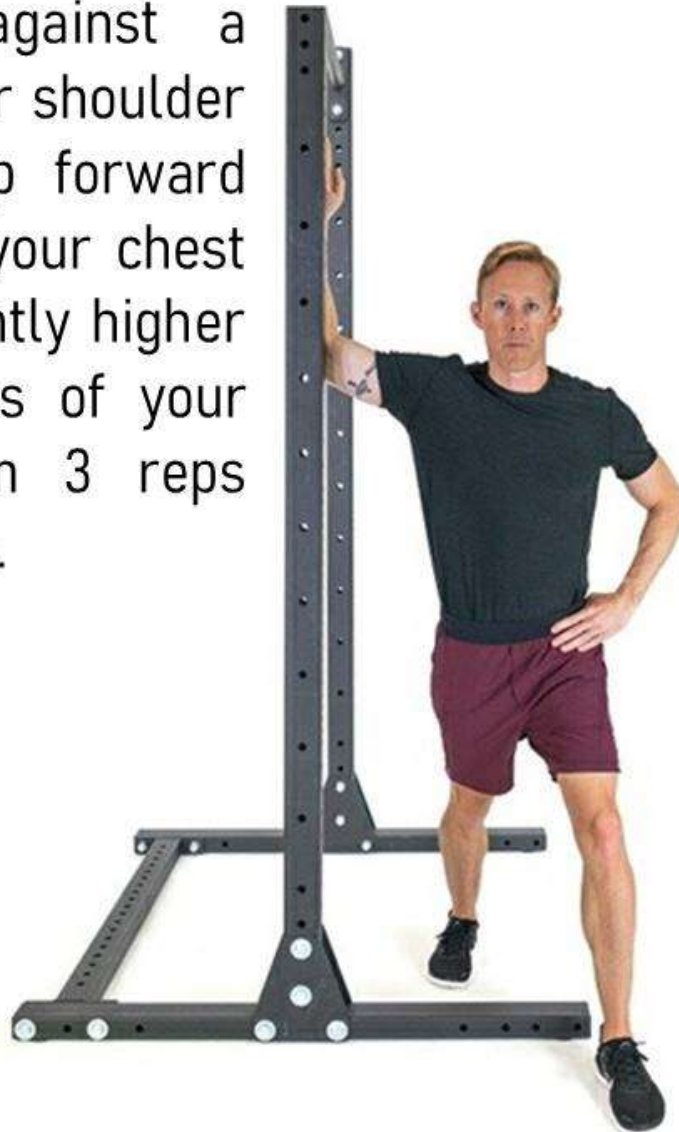
GUIDELINES:

- Perform every day
- Tools: dumbbell, grip strengthener

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

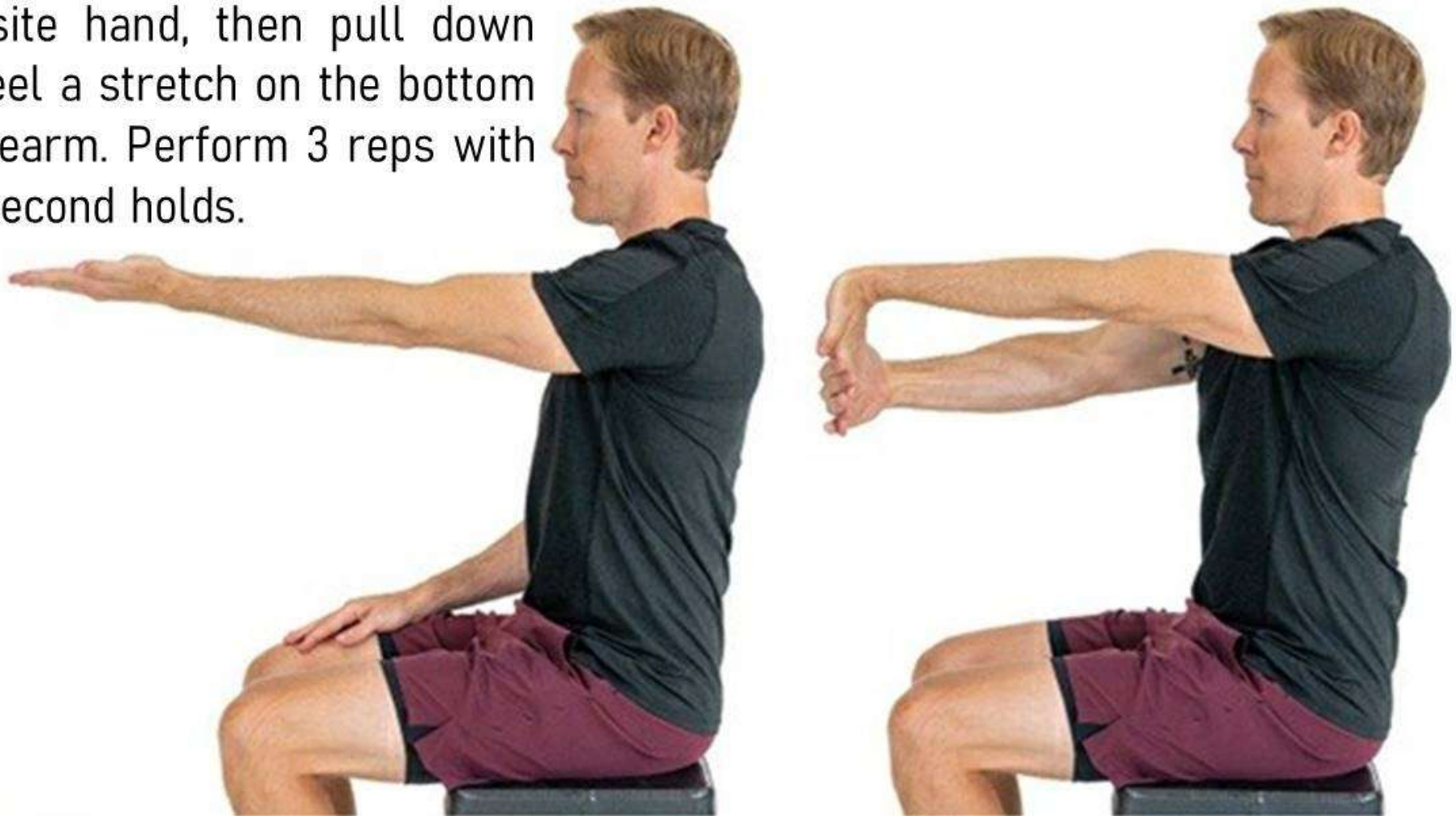
pectoral stretch

Position your forearm against a doorframe or rack with your shoulder at about 90 degrees. Step forward until you feel a stretch in your chest region. Move your arm slightly higher to stretch the upper fibers of your pectoral muscles. Perform 3 reps with 30- to 60-second holds.



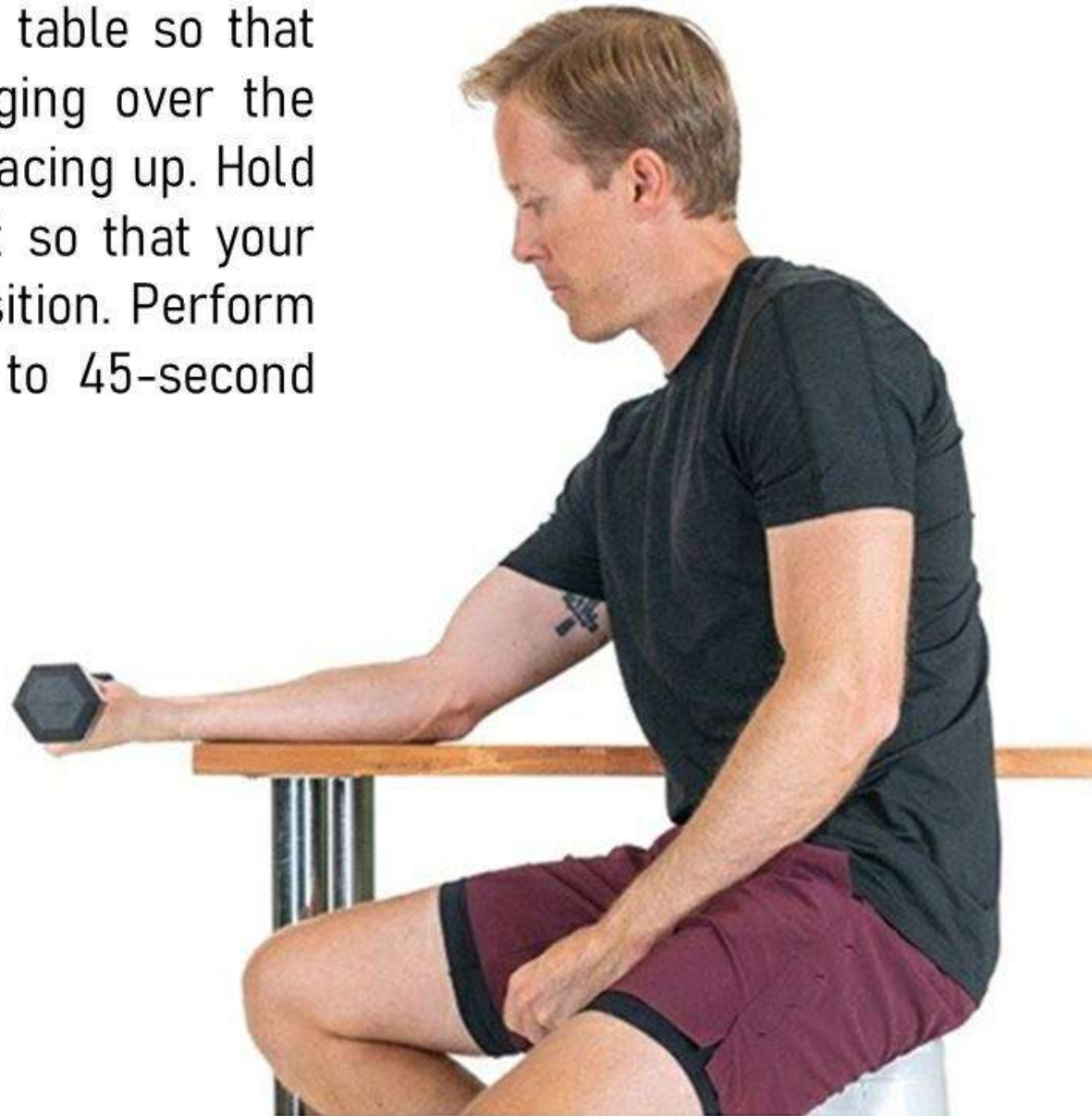
wrist flexor stretch

Straighten your arm out in front of your body with your palm facing up. Form a grip around your palm with your opposite hand, then pull down until you feel a stretch on the bottom of your forearm. Perform 3 reps with 30- to 60-second holds.



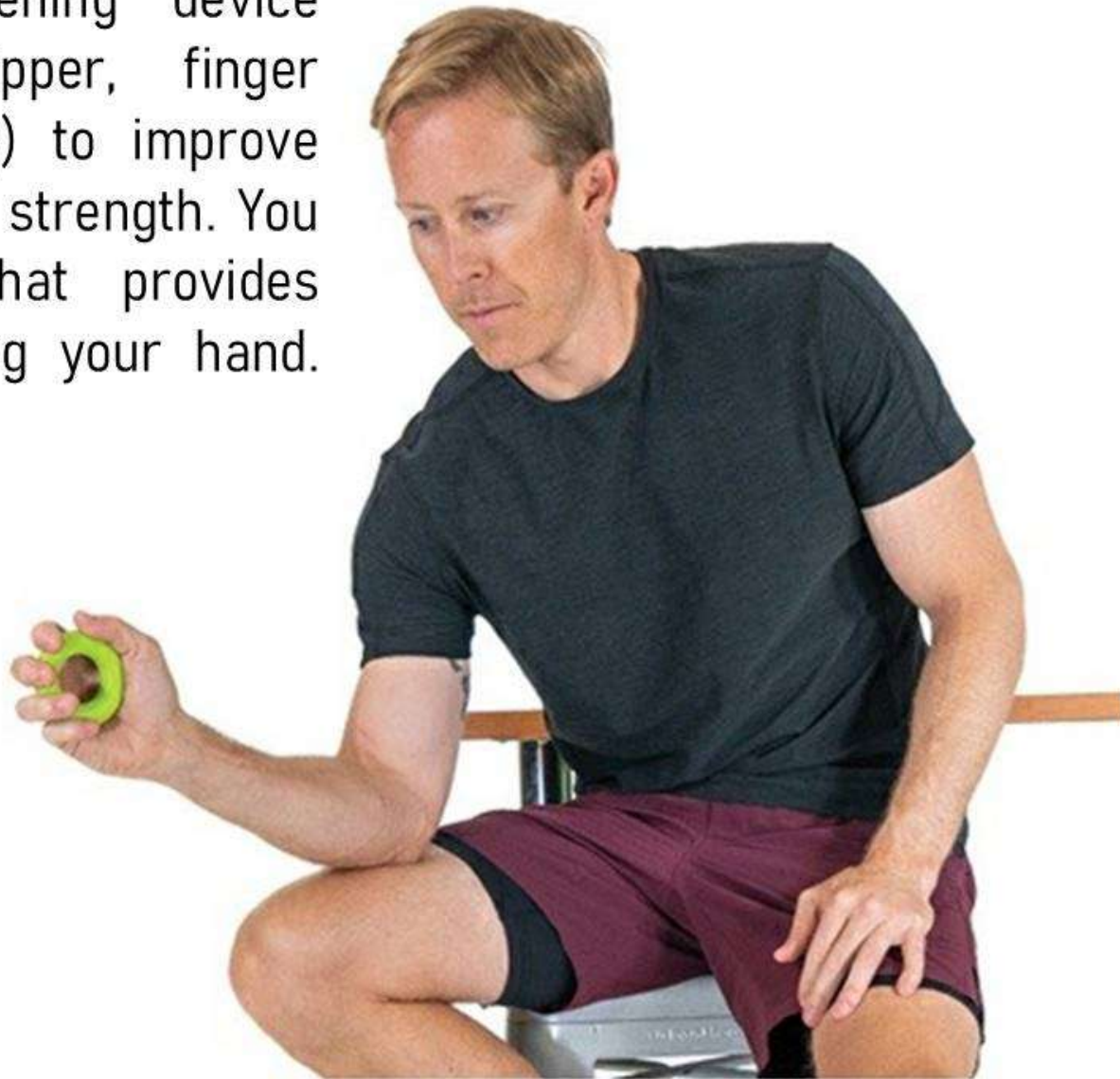
wrist flexor isometrics

Support your arm on a table so that only your hand is hanging over the edge and your palm is facing up. Hold a dumbbell out straight so that your wrist is in a neutral position. Perform 4 or 5 reps with 30- to 45-second holds.



grip strengthener

Use a grip strengthening device (resistance hand gripper, finger exerciser, or grip ring) to improve your forearm and hand strength. You can use any tool that provides resistance while closing your hand. Do 3 sets of 10–15 reps.



wrist flexion and extension mobility

With your arm supported, flex and extend your wrist as far as you can, pausing for 2–3 seconds in both flexion and extension.

