

Phase 1

GOOD FOR:

- Alleviating medial 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

elbow flexor mobilization

Lay your arm out straight on a bench or table with your palm facing up. Press the ball into your elbow flexor muscles (lower biceps) and massage around the area. Add dynamic movement by bending your arm to further mobilize the muscle.



elbow flexor mobilization (manual variation)

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



wrist flexor mobilization

Lay your arm out straight on a bench or table with your palm facing up. Press a small massage ball into your forearm flexor muscles (where the bottom of your forearm connects to your elbow) and massage around the area. Add dynamic movement by extending your wrist while applying steady pressure with the ball.



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

median nerve slider mobility

Start with your arm out to your side with your shoulder at 90 degrees, your elbow and wrist bent, and your head tilted away from your elevated arm. In one fluid motion, straighten your elbow, extend your wrist, and move your head toward your arm. Go back and forth between these positions to mobilize the median nerve.



ulnar nerve slider mobility

Start with your arm out to your side with your shoulder and elbow at roughly 90-degree angles, your wrist extended with your palm facing up, and your head tilted toward your elevated arm. In one fluid motion, bend your wrist so that your palm is facing the ground and tilt your head away from your arm. Go back and forth between these positions to mobilize the ulnar 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 up, then reach as far overhead as you can without pain.

