

Phase 2

GOOD FOR:

- Alleviating lateral elbow pain
- Improving wrist mobility
- Early tendon strengthening
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- Tools: dumbbell, finger exerciser

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

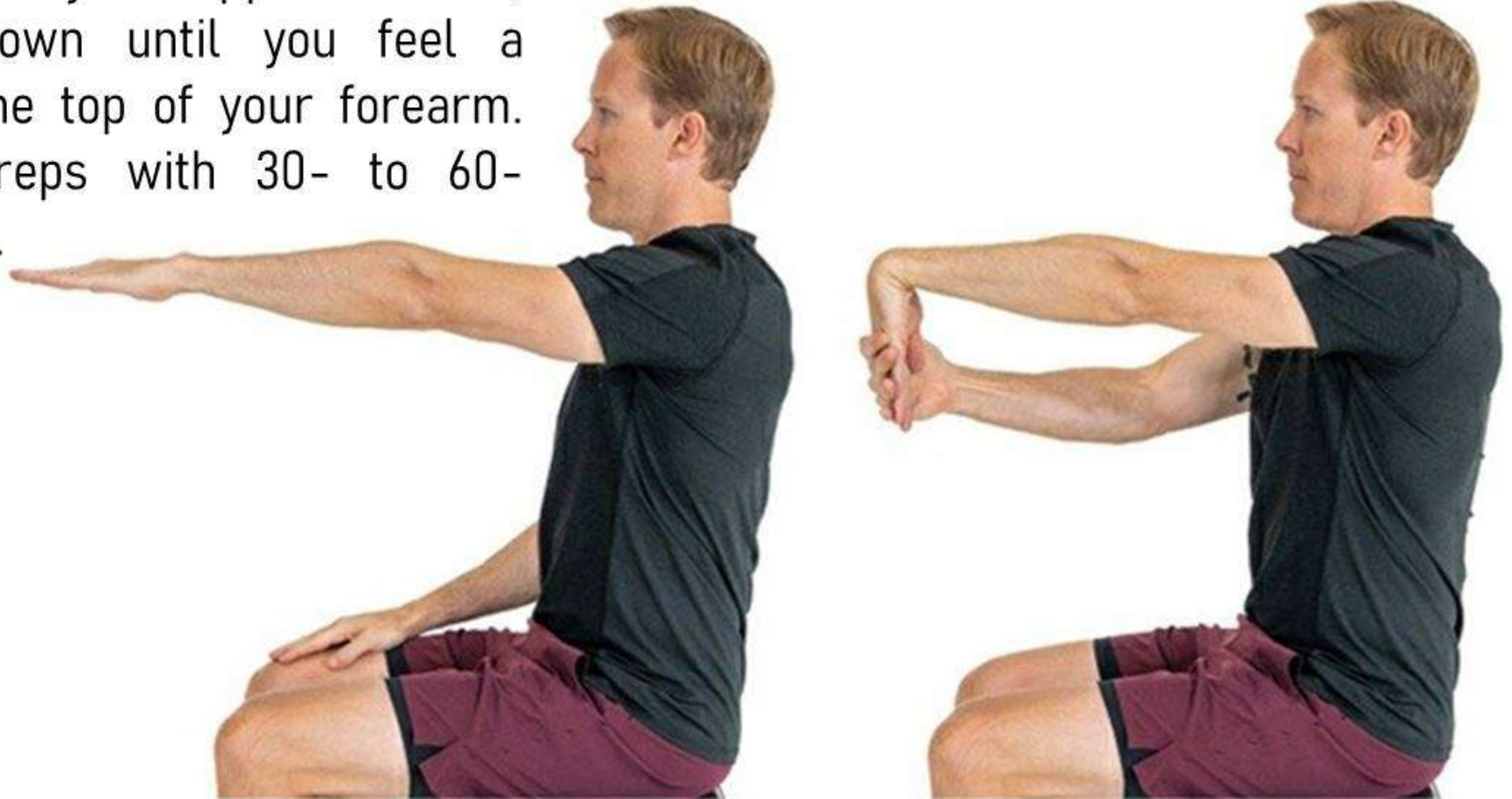
pectoral stretch

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.



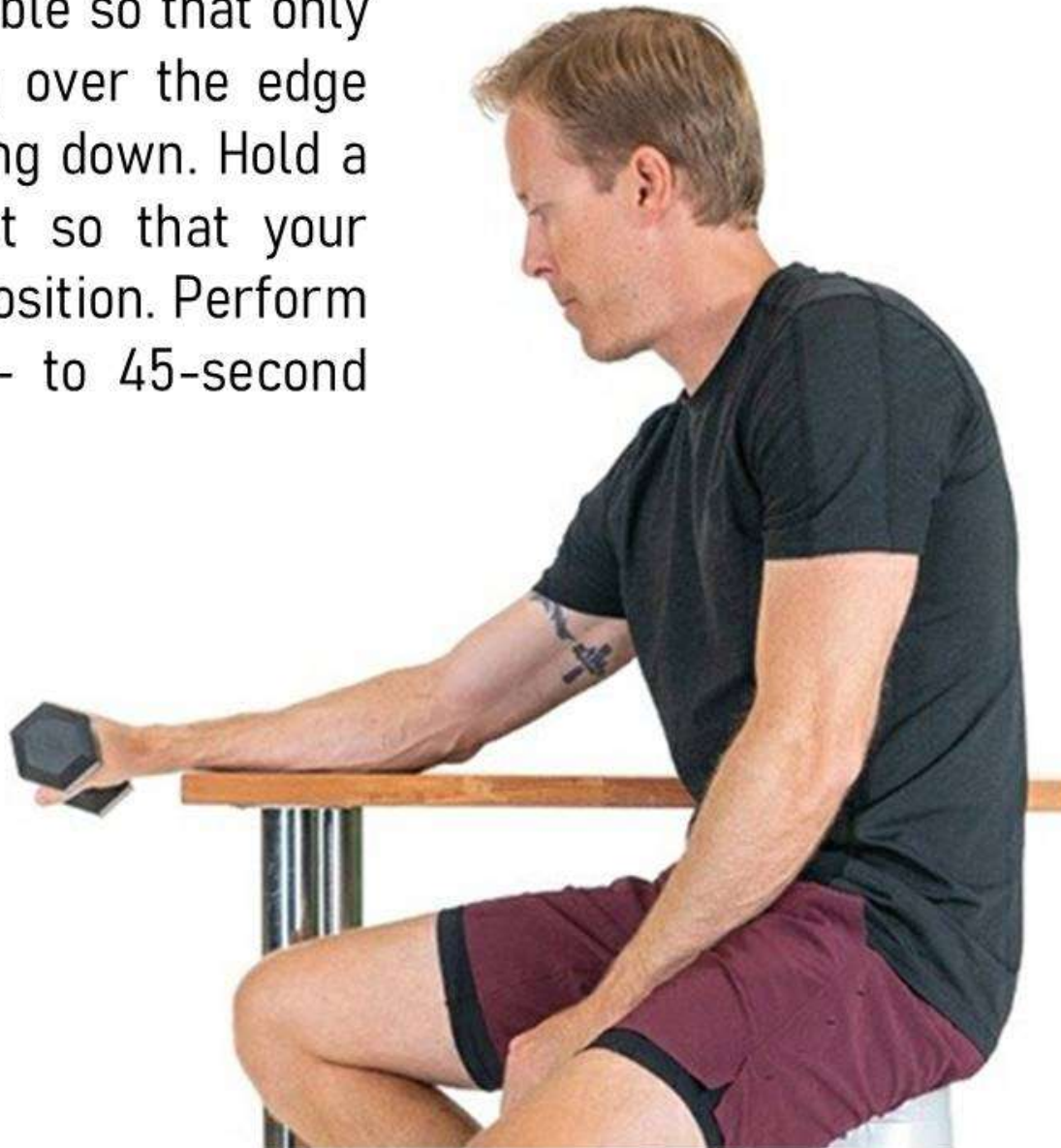
wrist extensor stretch

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



wrist extensor isometrics

Rest your arm on a table so that only your hand is hanging over the edge and your palm is facing down. 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.



resisted finger extensor

Place your fingers in the holes of a finger extensor resistance exerciser, then splay and extend your fingers and thumb. 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. Do 3 sets of 10–15 reps.

