

Elbow Exercises: Golfer's Elbow *STAGE 2*



1 Wrist Flexion with Weight

2 Pronation with a Weight

3 Ball Squeeze

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

As a guide start with the number of prescribed repetitions and sets. You can increase or decrease based on your pain.

Aim to complete this routine twice a day.

1 Wrist Flexion with Weight



Holding a 1-2kg weight in your hand sit down with your forearm resting on a table palm facing up. Lift your wrist up and slowly lower down.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.

CONTINUED OVERLEAF



1 Wrist Flexion
with Weight

2 Pronation with
a Weight

3 Ball Squeeze

2 Pronation with a Weight



Holding a 1-2kg weight in your hand sit down with your forearm resting on a table palm facing up. Keep your forearm on the table and turn your palm over so it faces the floor. Slowly return back to the starting position.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.

3 Ball Squeeze



In sitting with your elbow bent place your forearm onto a table palm facing up. Squeeze a ball making a fist.

Repeat for 8 repetitions. Rest 30 seconds and repeat for 3 sets.