

Elbow Exercises: Golfer's Elbow *STAGE 3*



1 Heavier Eccentric Wrist Flexion

2 Heavier Eccentric Wrist Pronation

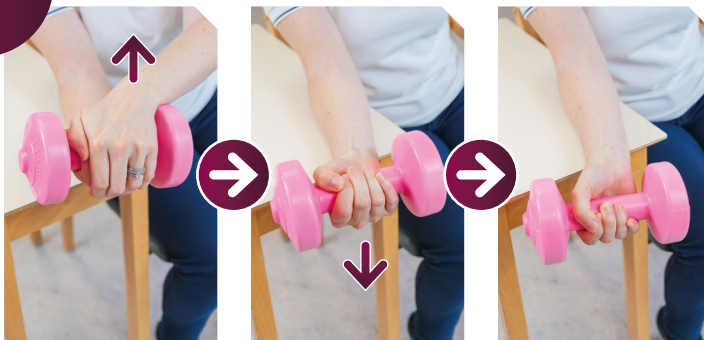
3 Walking Grip Strength

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 these exercises twice a day.

1 Heavier Eccentric Wrist Flexion



Using a heavier weight place your forearm onto a table with your elbow bent and palm facing up. Use your opposite hand to lift the wrist up and then slowly lower the weight.

Repeat 5 reps. Rest for 30 seconds and repeat 3 sets.

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1 Heavier Eccentric Wrist Flexion

2 Heavier Eccentric Wrist Pronation

3 Walking Grip Strength

2 Heavier Eccentric Wrist Pronation



Using a heavier weight place your forearm onto a table with your elbow bent. Use your opposite hand to turn the palm down towards the floor. From this position slowly control your hand as you turn the palm up towards the ceiling.

Repeat 5 reps. Rest for 30 seconds and repeat 3 sets.

3 Walking Grip Strength



In standing holding a heavier weight walk forward keeping the elbow straight. Try holding the weight in a normal grip, a hook grip and a pinch grip for variety.