

Elbow and wrist exercises

Golfer's elbow



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Eccentric wrist flexion



Hold a light weight, palm up. Lift with the other hand, then lower SLOWLY over 3 seconds.

15 times**Once a day****✓ Should feel**

A working ache in the forearm

X Should not feel

Sharp pain at the inner elbow

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2

Isometric wrist flexion



Press the palm downwards against the other hand without moving.

Hold 10 seconds

10 times

✓ **Should feel**

The forearm working

✗ **Should not feel**

Pain



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3

Wrist flexor stretch



Straighten the elbow, palm up, and gently pull the fingers back.

Hold 20 seconds

3 times

✓ **Should feel**

A stretch under the forearm

✗ **Should not feel**

Tingling in the little finger



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4

Ulnar nerve glide



Gentle nerve glide for the little finger side.

10 times

Once a day

✓ **Should feel**
A light pulling

✗ **Should not feel**
Lasting tingling

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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