

Triceps tendon exercises

Triceps tendon pain at the back of the elbow



First, make sure the tendon is not torn. If you suddenly cannot straighten the elbow against gravity (for example, you cannot push the hand up above your head), do not do these exercises: come to us the same day. If the pain began suddenly with a pop, do not start these exercises until we have checked the elbow. **How to use this sheet.** This sheet is for pain at the back of the elbow that came on slowly. Tendons get better with the right amount of load, built up slowly over weeks to months. Cut down heavy pushing for now. Go in order: start with exercise 1. Add exercise 2 when exercise 1 is easy and the pain has settled, and add exercise 3 only when exercise 2 is easy. Mild discomfort during an exercise is fine if it settles by the next morning; if the elbow is worse the next day, go back a step. Exercises 4 and 5 can be done from the start. Do not do floor push-ups, chair dips, the push-up step of surya namaskar or heavy gym pressing until we have told you it is safe. Do not lean on the point of the elbow, and do not let anyone, including a bone setter, massage the tendon hard.

1 Pressing down without moving



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able with the affected elbow bent to a right angle and the little-finger side of the forearm resting on the table. Press the forearm straight down into the table, as if to straighten the elbow — or ask for

sheet 19

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dislocation? Please call first.

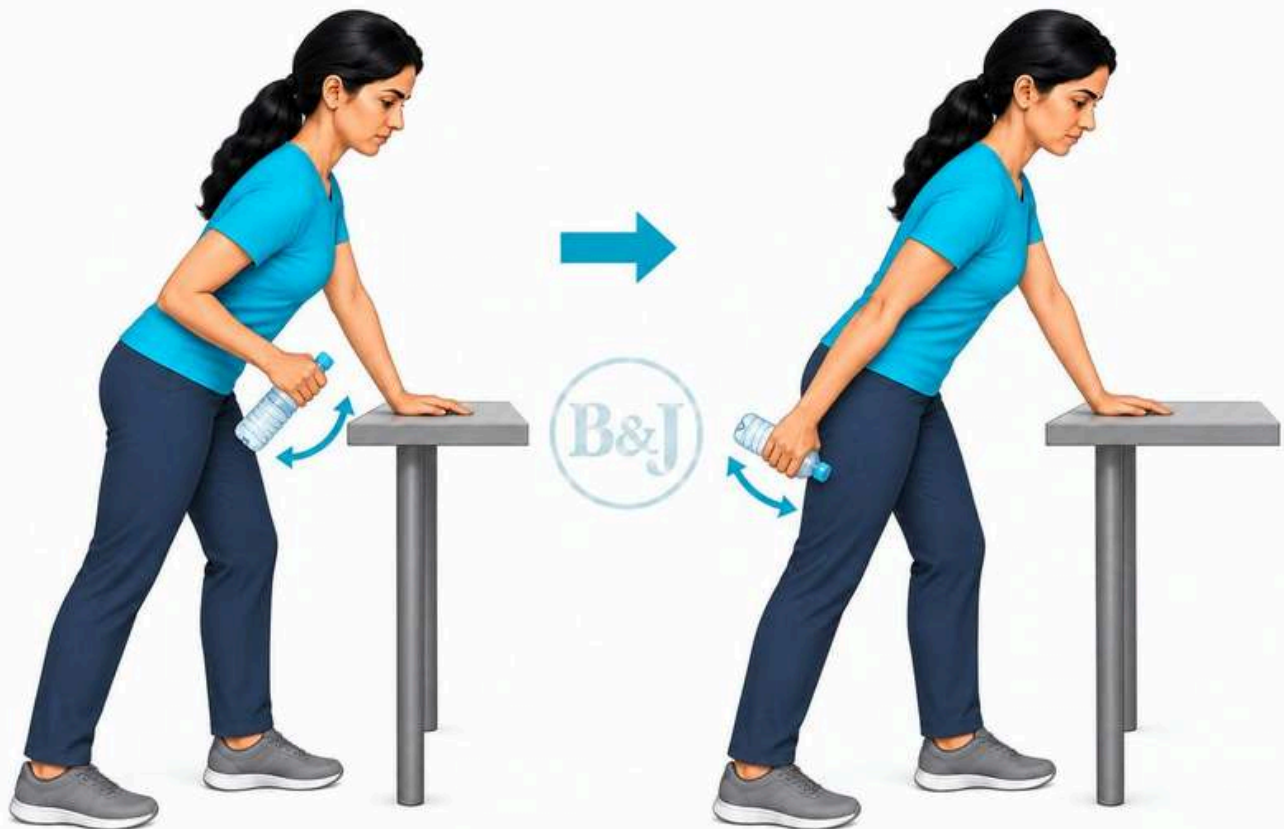
Hold 30 seconds

5 times

2 times a day

2

Slow elbow straightening with a bottle



Stand and lean forward with the good hand on a table. Hold a small water bottle in the affected hand, with the upper arm against your side and the elbow bent. Slowly straighten the elbow until the arm points back, then slowly bend it again, counting to three each way. Add a little water to the bottle as it gets easy.

8–12 times

2–3 sets, 3 days a week

✓ **Should feel**

The back of the upper arm tiring

✗ **Should not feel**

The elbow worse the next morning



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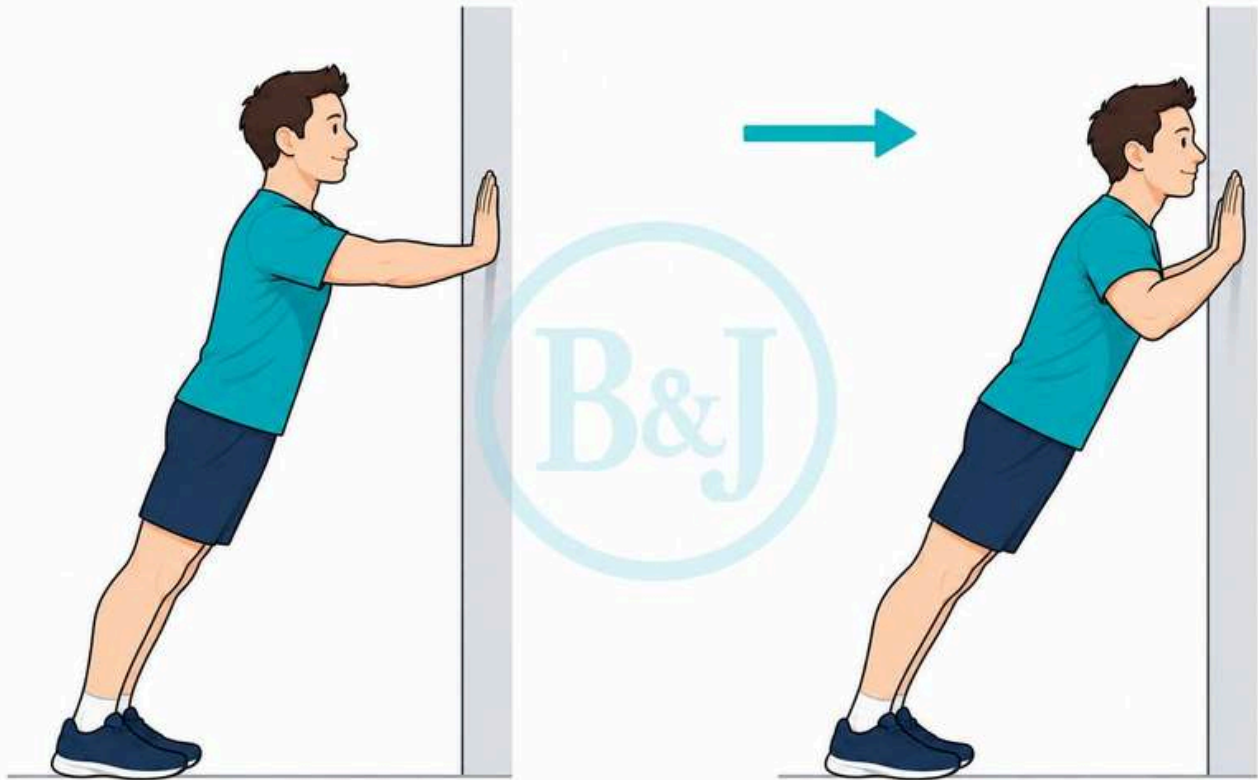
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3

Wall push-up



Stand an arm's length from a wall, palms flat at shoulder height. Keep the body in one straight line and bend the elbows to bring the chest towards the wall.

10–15 times

2–3 sets, 3 days a week

✓ **Should feel**

The arms and chest working

✗ **Should not feel**

The hips sagging, or shoulder pain



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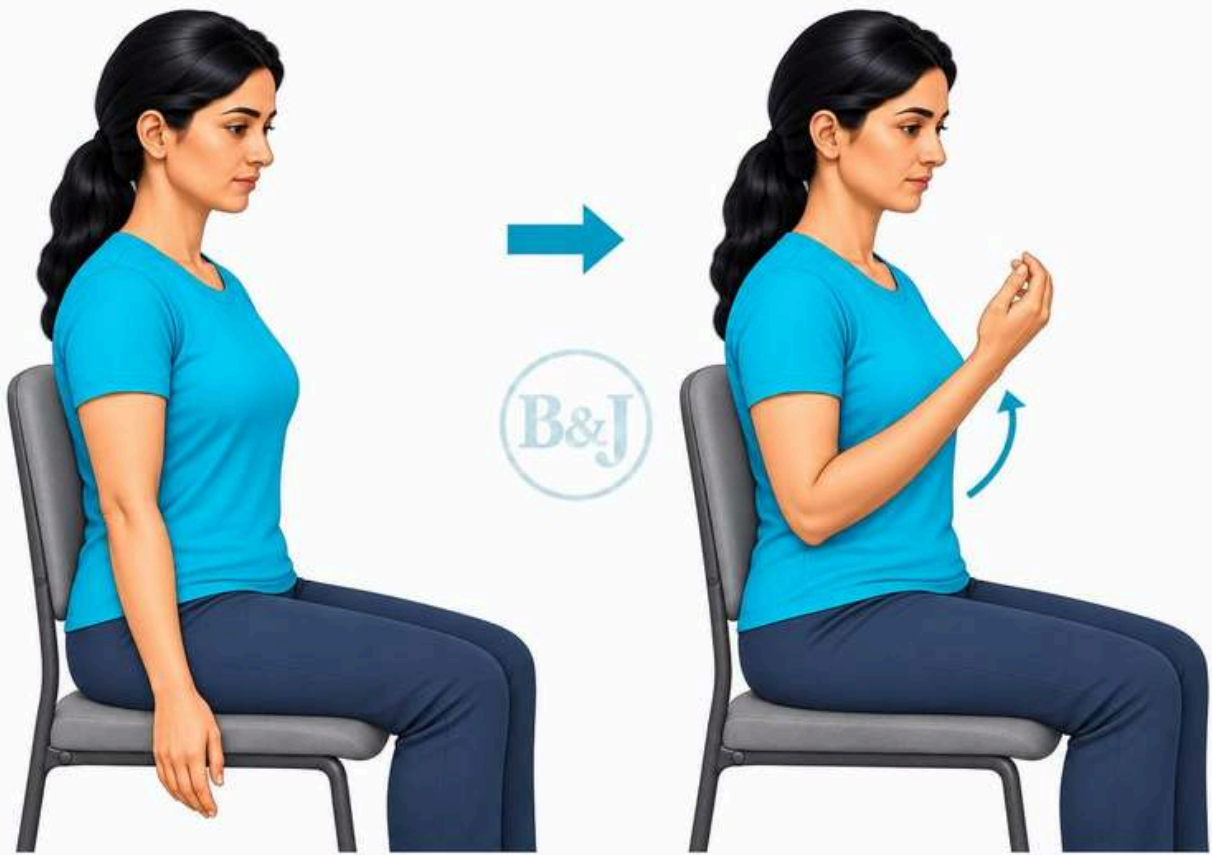
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4

Elbow bend and straighten



Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

4 times a day

✓ **Should feel**

A gentle stretch at the front or back of the elbow

✗ **Should not feel**

Sharp pain



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5

Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times

3 times a day

✓ **Should feel**

Between the shoulder blades

✗ **Should not feel**

The shoulders lifting

Stop and telephone us if

- You suddenly cannot straighten the elbow against gravity — come the same day
- A sudden pop or tearing feeling at the back of the elbow, a gap or dent just above the point of the elbow, or new bruising at the back of the arm
- The back of the elbow becomes red, hot and swollen, or you feel feverish
- The pain keeps getting worse over the weeks, even after you have cut back



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