

Elbow pain-Lateral epicondylar pain.

Stretch

- ART sheet forearm stretches—especially palm up stretch
- Shoulder muscles

Strengthen

- Eccentrics
  - lift hand palm down with opposite hand and slowly lower hand back to floor 3 X 15 using heavier dumbbell or tubing
- using a hammer twist palm up and down 3 x 15

Get a counter force brace (the thing around your forearm) wear it 2-3" below elbow not over the pain.

Try alternating cold hot cold or hot cold hot over the tendon.