

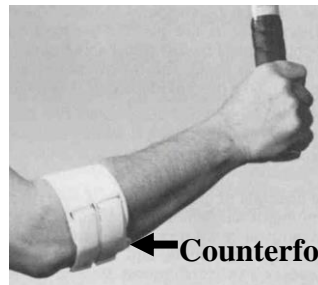
## Treatment for Epicondylitis

- Stretching is a very important part of your treatment
- It is a way you can help yourself get better, however you may feel some pain or pulling.
- Remember stretching is passive and you should not contract the muscle on the side you are stretching.
- Stretching should be done even after the pain has resolved especially before & after activities.
- Full pain relief may take a long time and 6 months is not unusual



### Lateral Epicondylitis Stretching

1. Elbow in full extension
  2. Stretch \_\_\_\_\_ times
  3. Do \_\_\_\_\_ sets per day
  4. Hold each stretch for 20-30 seconds
- It is important to lift with the palm up and elbow flexed if possible.
  - Use the counter force strap



← Counterforce strap



### Medial Epicondylitis Stretching

1. Elbow in full extension
  2. Stretch \_\_\_\_\_ times
  3. Do \_\_\_\_\_ sets per day
  4. Hold each stretch for 20-30 seconds
- Use the counter force strap

