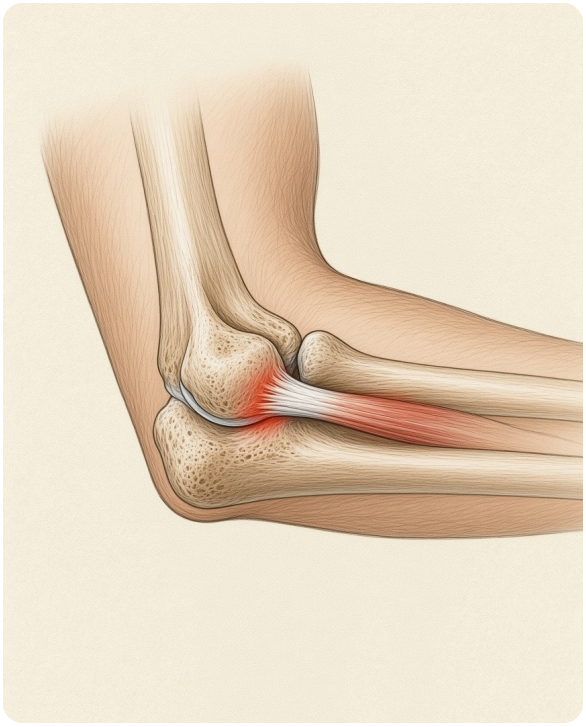
ARMIN PHYSIO



PATIENT GUIDE

Tennis Elbow

Pain on the outside of your elbow? It could be **tennis elbow.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is tennis elbow?

Tennis elbow (lateral epicondylitis) happens when the tendons on the outside of your elbow become irritated or overloaded, often from repetitive gripping, lifting or wrist movements like using a mouse, swinging a racket or twisting a screwdriver. It doesn't just affect tennis players. Progressively strengthening the wrist extensors, forearm muscles and grip can improve how much load the tendon tolerates, reduce pain and restore function.

QUICK CHECK

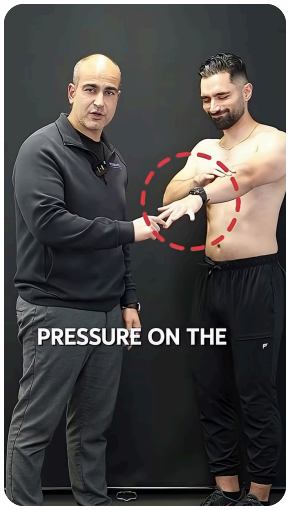
Does this sound like you?

- ☐ Pain on the outside of the elbow **when you grip something**
- ☐ Pain when you **resist bending the wrist back**
- ☐ Pain with the elbow straight when someone **pushes down on your middle finger**
- ☐ Pain lifting things with your **palm facing down**
- ☐ **Weaker grip** than usual

If you ticked a few boxes, tennis elbow could be the cause. Try the 4 exercises on the next pages, plus the 3 habits after them.



Pain when gripping



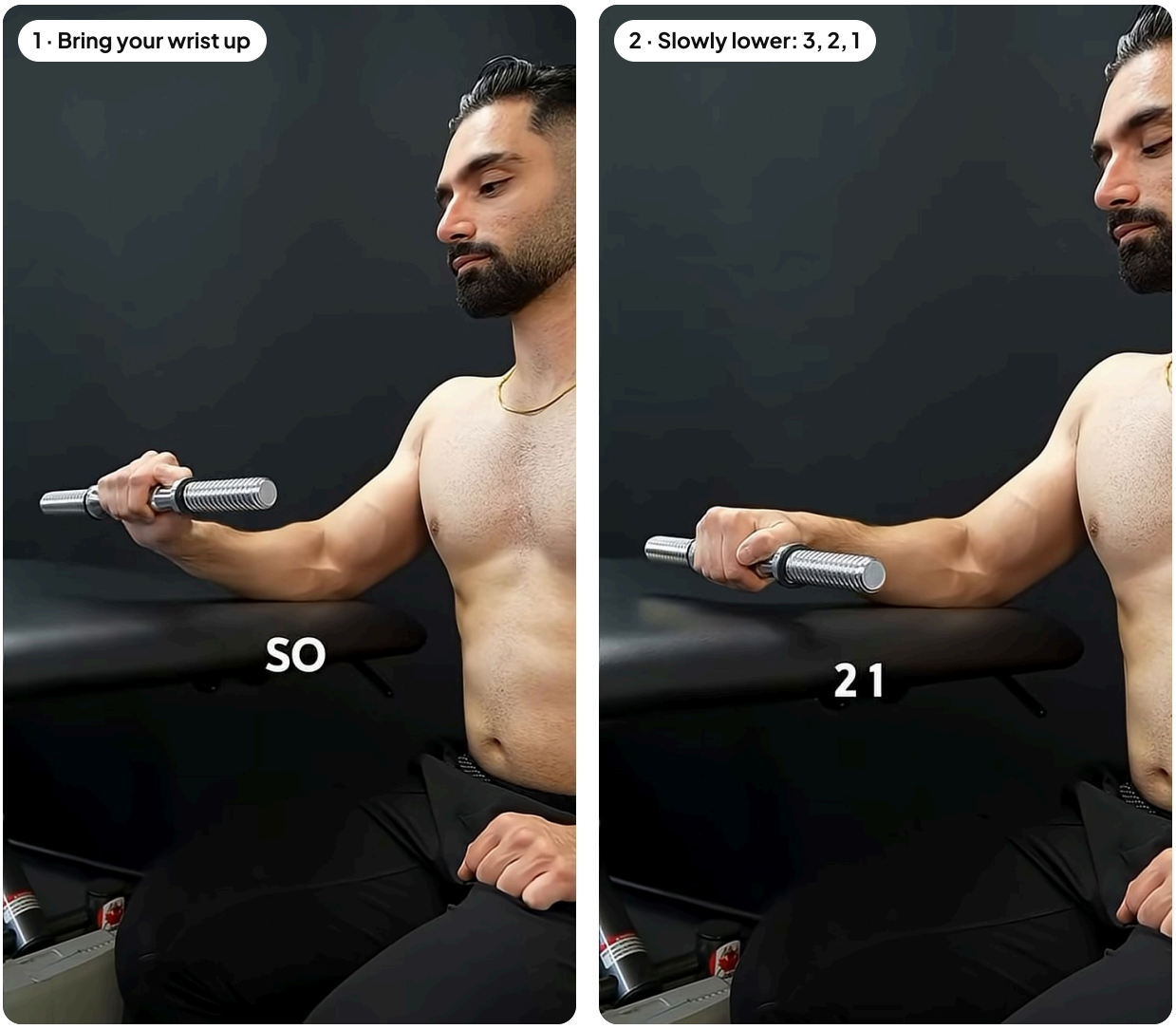
Pain resisting the middle finger

YOUR 4 EXERCISES

Try these exercises

1 Wrist extension with a weight

Strengthens the wrist extensors (the tennis elbow muscles)



1. **With your elbow supported**, palm facing down, **hold onto a weight** for some resistance.
2. **Bring your wrist up** just like so. **Hold it.**
3. **Slowly lower it**: three, two, one.
4. Repeat.

3 sets of 10–15 reps, slow and controlled

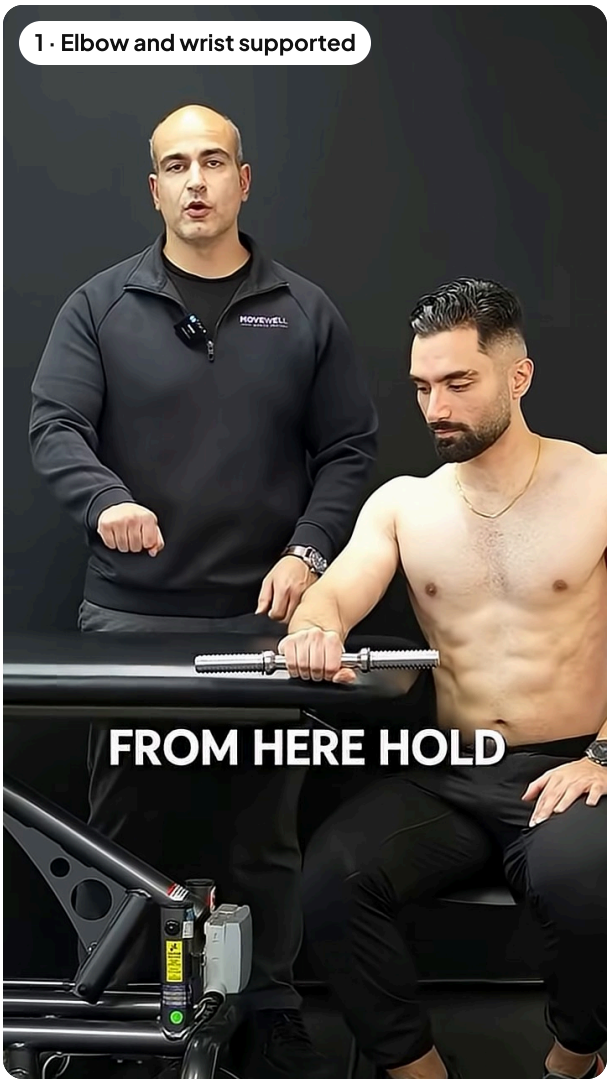
From Armin's video description

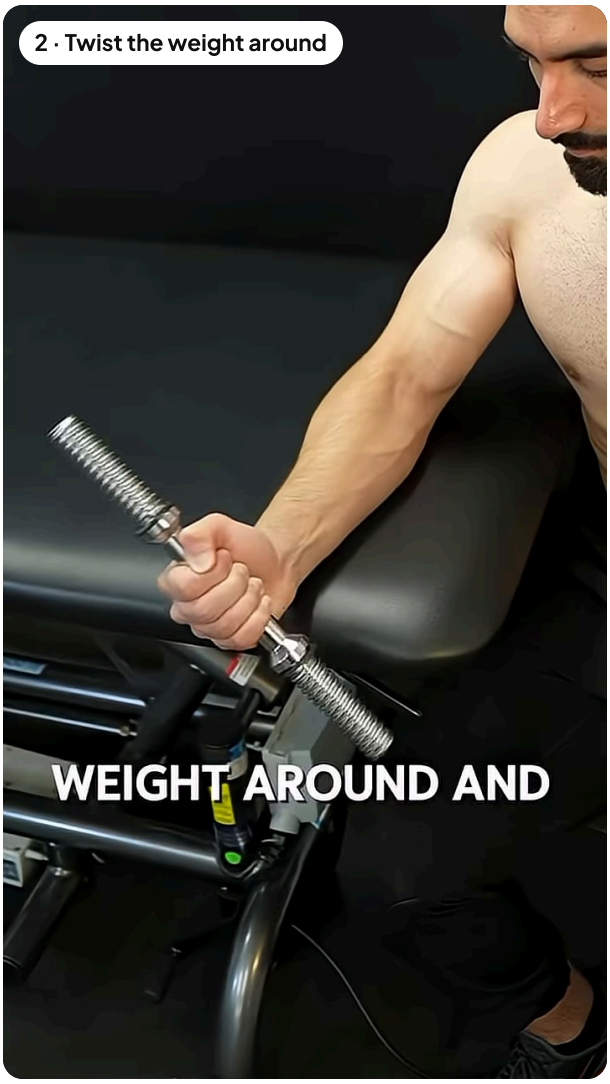
Armin's easier version: use your other hand to lift the wrist up to support it, then slowly lower it down on its own. Pick a weight you can tolerate.

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Forearm twist with a weight

Strengthens the forearm muscles that turn your palm up and down





1. **With your elbow and wrist supported**, hold onto a weight.
2. **Gently twist that weight around**, keeping your elbow bent.
3. **Go right back**, slowly rotating one way and then the other.
4. Repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Forearm extensor stretch

Stretches the muscles on the back of the forearm





1. **Have your elbow by your side.**
2. **Bend your wrist downwards** and apply a little bit of pressure with your other hand.
3. **Straighten out that elbow** till you feel a bit of a stretch right here.
4. **Not pain.** Hold it for 30 seconds.

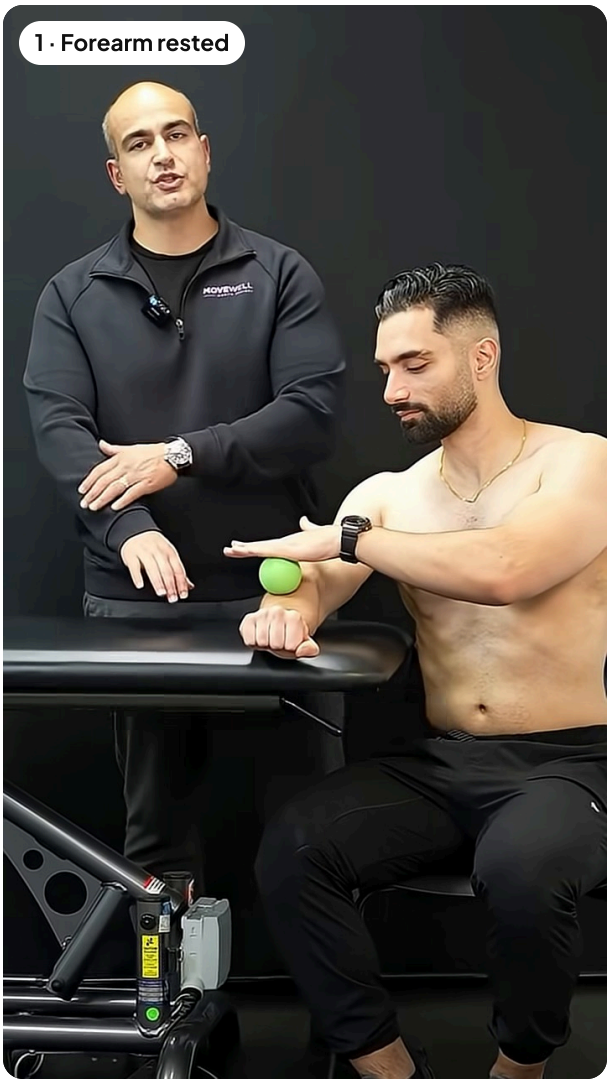
Hold 30–60 seconds

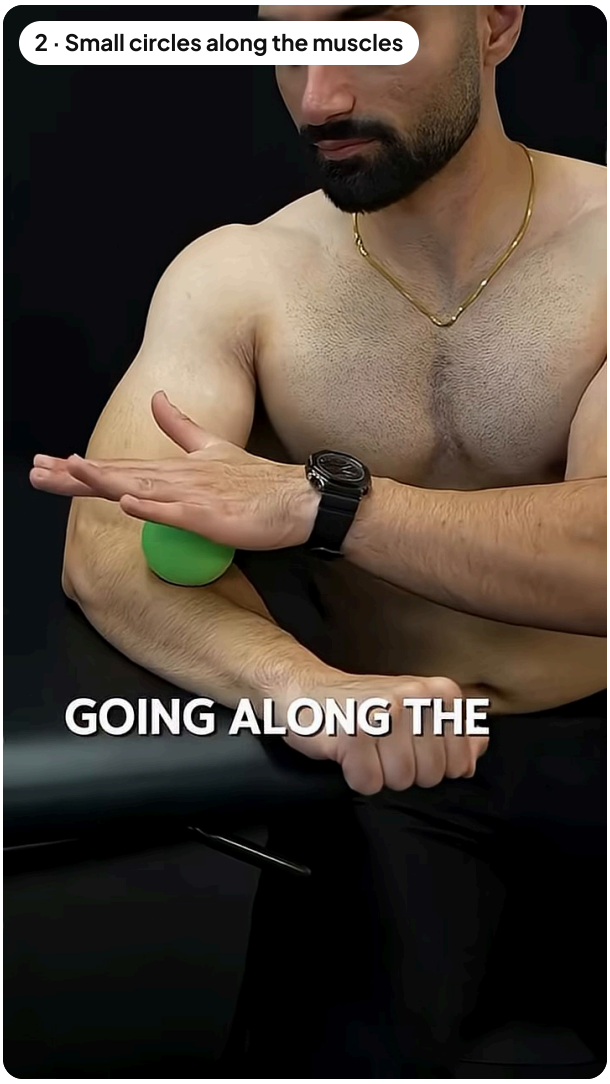
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Massage ball forearm release

Eases tension in the forearm muscles





1. **With your forearm rested**, grab onto a massage ball.
2. **Gently rub in a circular motion**, going along the forearm muscles.
3. **Avoid rubbing on the actual elbow joint.**

About 1 minute, light pressure

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01	02	03	04
Strengthen	**Strengthen**	**Stretch**	**Release**
Wrist extension, 3 × 10–15	Forearm twist, 3 × 10–15	Extensor stretch, 30–60 s	Massage ball, about 1 min

3 sets of 10–15 is from Armin's video description; his older tennis elbow video suggests 10–15 reps **3 times a day** with a weight you can tolerate. The massage ball time is a suggestion. You should feel a stretch or slight strain, not sharp pain. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

3 HABITS THAT COULD BE AGGRAVATING YOUR PAIN

Daily habits for tennis elbow

1. Think T. rex arms. Avoid holding or lifting objects away from the body. Keep them close to your body.

2. Ease up on repetitive movements. Avoid repetitive movement at the wrist and the hand, and take regular breaks.

3. Go easy with massage. Avoid self-massaging or putting too much pressure on the actual elbow joint.

From Armin's "Tennis elbow? These 3 habits could be aggravating your pain" video. You don't have to stop moving: adjust the load while gradually building strength.

Stop the exercise if you notice

- Sharp pain at the elbow
- Pain above about 4/10, or pain that keeps building as you go
- **Tingling or numbness** into the hand or fingers
- Pain or a weaker grip that's **worse the next day**

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Severe pain, swelling or a **deformed-looking elbow** after a fall or injury
- A **hot, red, swollen** elbow, especially with **fever**
- **Numbness or tingling** in the hand or fingers that's getting worse
- **Weakness** in the hand, or you keep **dropping things**
- The elbow **locks**, or you can't fully bend or straighten it
- **Constant pain at night** or at rest that doesn't ease

If you have a deformed or very swollen elbow after an injury, or a hot swollen elbow with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your elbow isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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