

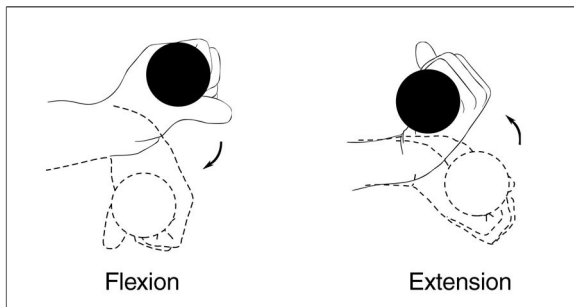
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR EPICONDYLITIS AND RADIAL TUNNEL SYNDROME

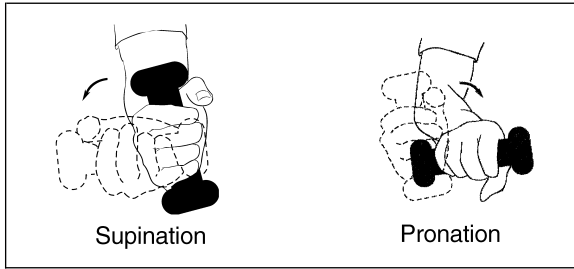
Perform the exercises in the order listed. To prevent inflammation, apply ice, such as a bag of crushed ice or frozen peas, to the painful area of the elbow for 20 minutes after performing both exercises. If you are unable to add weight or perform the indicated number of repetitions because of pain, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Wrist flexion and extension	Flexor and extensor muscle groups	25 repetitions/3 sets, progressing to 45 repetitions/4 sets	5 to 7	3 to 4
Forearm pronation and supination	Pronator teres Supinator	25 repetitions/3 sets, progressing to 45 repetitions/4 sets	5 to 7	3 to 4



WRIST FLEXION AND EXTENSION

To exercise the wrist flexors, rest the forearm on a hard surface with the palm up. Flex the wrist as shown. Perform 3 sets of 25 repetitions, progressing to 4 sets of 45 repetitions. To exercise the wrist extensors, rest the forearm on a hard surface with the hand extending over the side. Extend the wrist as shown. Perform 3 sets of 25 repetitions, progressing to 4 sets of 45 repetitions. Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds. Perform the exercises 5 to 7 days a week for 3 to 4 weeks.



FOREARM SUPINATION AND PRONATION

Hold the forearm parallel to the ground, with the elbow bent 90°. For the forearm supination exercise, supinate the forearm and then return to vertical as shown. Perform 3 sets of 25 repetitions, progressing to 4 sets of 45 repetitions. For forearm pronation, pronate the forearm and then return to vertical as shown. Perform 3 sets of 25 repetitions, progressing to 4 sets of 45 repetitions. Use no weight initially; add weight in 1-pound increments to a maximum of 5 pounds. Perform the exercises 5 to 7 days a week for 3 to 4 weeks.