

Patient information Leaflet

Golfers Elbow

Common Flexor Origin (CFO) Exercise Program

The program begins at a low level of intensity and progresses according to your symptoms.

Symptoms should appear after 20 repetitions. This indicates that there is slight overloading of the tendon structure, a factor necessary for the tendon to increase in strength. If pain is felt earlier than 20 repetitions, reduce the speed or decrease the load.

Warm up

General whole body warm up for 5 minutes sufficient to elicit sweating: eg stationary cycle, cross trainer, trainer machine, rowing machine (does not involved wrist extension).

Stretching

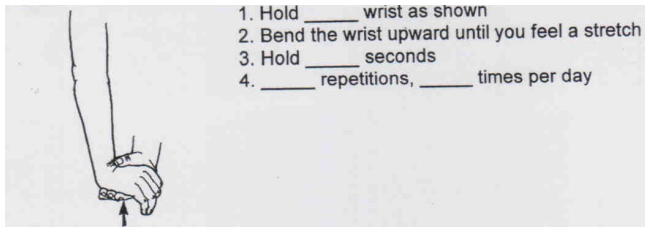


Figure 1 wrist flexors
Hold 30s, repeat 3x

Eccentric Exercises

Figure 2: With the arm in extended position and resting on a support (Figure 2a, palm of hand facing upwards), lower from the flexed wrist position (position 1) to the extended position (position 2). Focus on the downward movement then return to the starting position using the unaffected arm.

Do 3 sets of 10 repetitions once daily

Progressions:

Week 1 no added resistance

Week 2 add resistance (hand held weight 500gms)

Week 3 to 6 progressively add resistance dependant on symptoms

After 6 weeks, 3 sets of 10, 3 times weekly

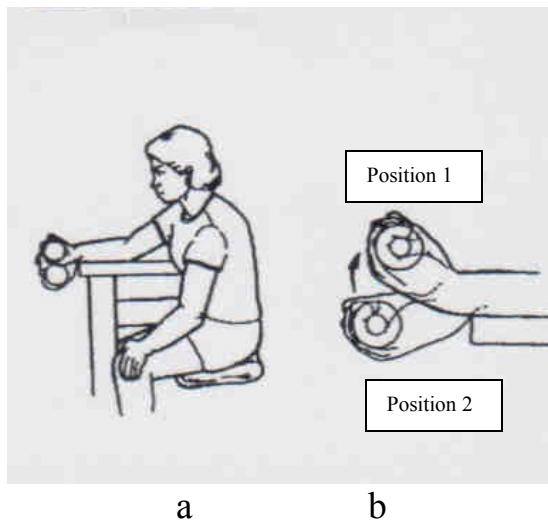


Figure 2

Warm down

Repeat the stretches

Ice

On inner elbow for 12-15 minutes. Towel between ice and skin to avoid skin burns.

Optional support

Arm braces or clasps if desired.