

## Patient information Leaflet

### Tennis Elbow

## Common Extensor Origin (CEO) 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

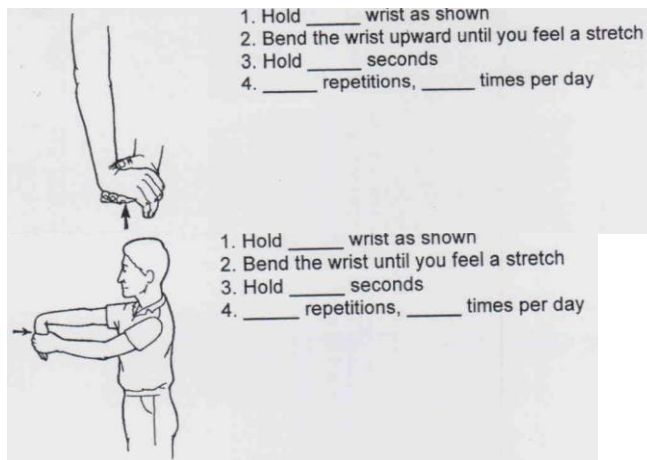


Figure 1 wrist flexors  
Hold 30s, repeat 3x

Figure 2 Wrist extensors  
Hold 30s, repeat 3x

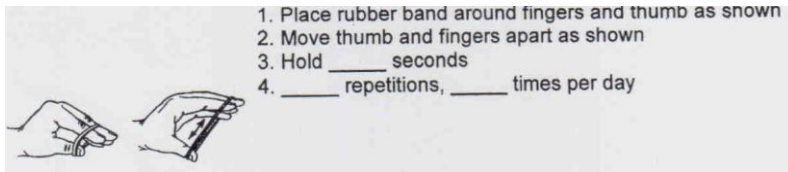


Figure 3 middle finger  
 hold for 1 second, repeat for 1 minute

## Eccentric Exercises

**Figure 4:** With the arm in extended position and resting on a support, lower from the extended wrist position to flexed position. 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 5:** Hold the ball as shown and squeeze firmly as you can, holding for 10s.  
 Do 3 sets of 10 repetitions once daily.

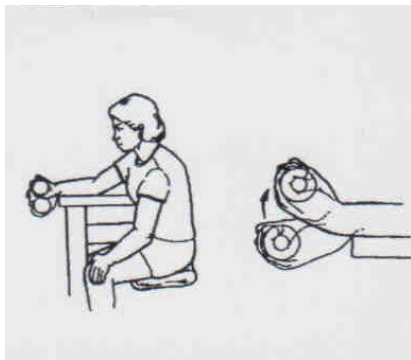


Figure 4

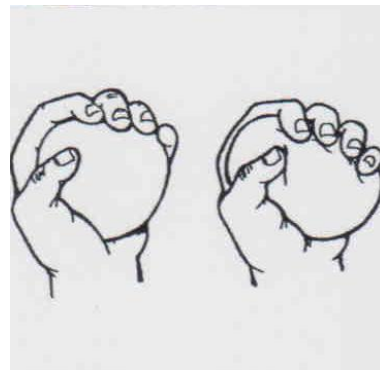


Figure 5

## Warm down

Repeat the stretches (figures 1-3)

## Ice

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

## Optional support

Arm braces or clasps if desired.

**Dr Usamah Jannoun MD FFSEM, November 2009**