



Elbow Pain (Epicondylitis & Epitrochleitis): Physiotherapy Assessment and Exercise Program (PDF)

If you are reading this guide, you are probably living with elbow pain that limits you, bothers you, or causes concern.

The first thing we want to tell you is this:

you are not broken, and you are not alone.

Elbow pain is a very common condition and, in the vast majority of cases, it is not dangerous — even though it can be persistent and significantly affect daily activities, work, sport, grip strength, and confidence in movement.

In most cases, elbow pain has a **mechanical, muscular, or tendon-related origin**, or a combination of these factors.

Understanding how your elbow moves, how it responds to load, and how different structures contribute to your symptoms is the first step toward choosing the most appropriate rehabilitation approach.

Understanding elbow pain

Elbow pain is a very common condition and can present in different ways.

In most cases, symptoms are related to how the elbow joint, tendons, and surrounding muscles move, adapt, and respond to daily loads.

This guide helps you understand:

- how your elbow behaves
- which factors may be contributing to your symptoms
- why a **structured and individualized approach matters**

Understanding the problem is the first step before choosing any exercise.

Understanding the problem is the first step before choosing any exercise.

Guided assessment before exercises

Before starting any exercise, the guide walks you through a series of **simple questions** and **physical tests**.

Test 1 — Passive Elbow Flexion



Slowly guide the hand toward the shoulder by bending the elbow, assisting the movement gently without forcing.

Choose the protocol that fits your elbow presentation

After the assessment, the guide helps you choose the most appropriate protocol for your elbow pain.

Protocol A — Articular-based approach

Indicated when elbow pain is mainly influenced by joint loading, compression, or blocked articulation.

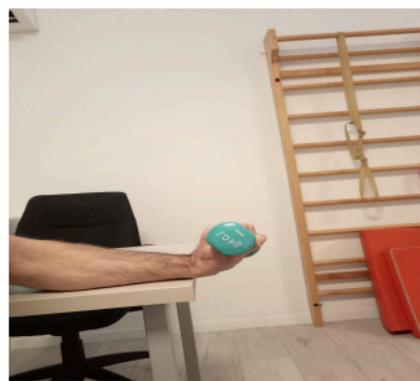
Protocol B — Muscular-based approach

Indicated when symptoms are mainly related to **muscular tension, irritation,** limited movement tolerance, or radiating pain towards the forearm and hand.

Mixed protocol

Used when both articular and muscular components are present and need to be addressed together.

4 Eccentric Work for Lateral Epicondylitis (Outer Elbow)



Position:

Seated, elbow supported on the table, palm facing downward, holding a weight.

Movement:

Lift the wrist upward in 2 seconds without lifting the elbow.

Lower slowly in 5 seconds (eccentric phase).

Are you ready to start your path to recovery?

- ✔ Unlock a structured and personalized physiotherapy program tailored to your elbow needs.
 - ✔ Reduce pain and regain confidence in everyday activities.
 - ✔ Get professional guidance and strategies used by qualified physiotherapists.
-

Take the first step today  **Download the full guide**

DOWNLOAD THE FULL PROGRAM: <https://buy.stripe.com/cNi3cv2dM6LagleedXeJK07>