EPICONDYLITIS (TENNIS ELBOW)

🔹 INTRODUCTION

If you are reading this guide, you are probably dealing with pain on the outer side of your elbow that is limiting your daily activities, work, or training.

The first thing we want to tell you is this:

👉 **you are not alone, and this is a very common condition.**

Epicondylitis, also known as *tennis elbow*, is a frequent problem that can affect anyone, even those who do not practice sports.

Although it can be frustrating and sometimes persistent, in most cases it is **not a serious injury**, but a sign that the tendon needs the right type of stimulus to recover.

This guide has been created to help you start a **simple, targeted, and safe physiotherapy approach**.

🔹 UNDERSTANDING THE PROBLEM

Epicondylitis is mainly related to an **overload of the wrist and finger extensor tendons**, located on the outer side of the elbow.

These tendons are constantly involved in:

- gripping objects
- repetitive movements
- manual and sports activities

When the load exceeds the tendon's capacity, the body may respond with:

- pain
- weakness
- discomfort during movement

👉 This does not mean the tendon is damaged, but that it is **irritated and needs to be gradually reloaded**.

🔹 IMPORTANT CONCEPT

One of the most common mistakes is:

❌ stopping completely
❌ or continuing while ignoring the pain

👉 The correct approach is:

- controlled loading
- gradual progression
- specific exercises

👉 This is what allows the tendon to adapt and improve over time.

🔹 HOW TO USE THIS PROGRAM

👉 **This is not a set of random exercises.**

This is a physiotherapy-based protocol designed to:

- reduce pain
- improve tendon capacity
- restore strength and control

Perform the exercises calmly, without forcing, always maintaining control of the movement.

💣 EXERCISES

🔹 FREQUENCY

- 2–3 times per week
- slow and controlled execution
- consistency is key 🔑

🔹 WHAT YOU MAY FEEL

During the exercises, you may experience:

- mild discomfort
- a feeling of tension

👉 This is normal.

⚠️ Avoid sharp or intense pain.

🔹 WHAT TO EXPECT

Improvement is not immediate.

It requires:

- time
- repetition
- progression

👉 With consistency, in most cases, pain will gradually improve 📈

1 FINGER EXTENSION WITH ELASTIC BAND

Position:
Sit comfortably with your elbow bent at about 90°, keeping your hand relaxed.

Execution:
Place an elastic band around your fingers.
Slowly open your fingers against the resistance of the band, then return in a controlled way.

Sets:
2–3 sets of 12–15 repetitions

Why this exercise is important:
This exercise activates the finger extensor muscles, which are often involved in epicondylitis.
It helps distribute the load more evenly across the forearm and reduces stress on the tendon.

2️⃣ ISOMETRIC FINGER EXTENSION

Position:
Keep your elbow fully extended, with your forearm supported and a light resistance (such as a weight or elastic band) placed around your fingers.

Execution:
From this position, slowly lift your fingers upward until you feel mild discomfort.
Hold this position isometrically for about 30–45 seconds.

👉 You should notice that, over time, the pain decreases or the range of movement becomes less painful.

Sets:
3–5 sets of 30–45 seconds

Why this exercise is important:
This exercise helps reduce pain while safely activating the tendon.
It is ideal in the early stages, allowing you to work on the area without excessive overload.

3️⃣ SLOW RESISTANCE WRIST EXTENSION

Position:
Rest your forearm on a surface, with your hand hanging off the edge, holding a light weight.

Execution:
Lift your wrist in 2–3 seconds, then slowly lower it in 4–5 seconds.

Sets:
2–3 sets of 10–12 repetitions

Why this exercise is important:
The eccentric phase (the lowering movement) is essential for tendon adaptation and recovery.
It helps improve strength and increases the tendon's ability to tolerate load over time.

4️⃣ FOREARM SUPINATION WITH ELBOW EXTENDED

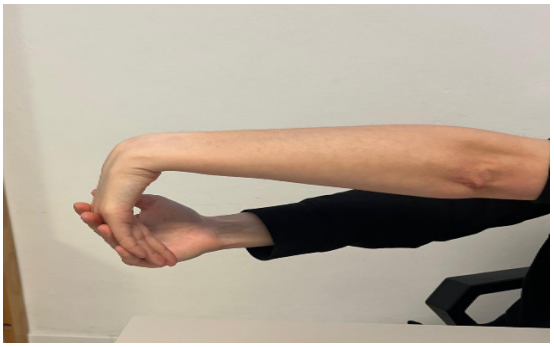
Position:
Extend your arm in front of you, keeping your elbow fully straight.

Execution:
Hold a light object (such as a dumbbell or hammer) and slowly rotate your forearm, bringing your palm upward (supination), then return slowly to the starting position.

Sets:
2–3 sets of 10–12 repetitions

Why this exercise is important:
Keeping the elbow extended increases the functional load on the forearm.
This helps improve control and stability during real-life movements and daily activities.

5️⃣ FOREARM EXTENSOR STRETCH (FINAL)



Position:
Extend your arm in front of you.

Execution:
With your other hand, gently bend your wrist downward until you feel a stretch in the upper forearm muscles.
Hold the position for 20–30 seconds.

Sets:
6–9 repetitions

Why this exercise is important:
It helps reduce muscle tension and improve mobility after the exercises.

🔹 FINAL MESSAGE

If you have reached this point, you have already taken an important step:

👉 **you are starting to actively take care of your condition.**

Remember:

- there is no need to rush
- there is no need to force
- your body adapts over time

👉 In most cases, with the right approach, improvement will come.

If you do not notice improvement after about one month, it may be useful to consider a more in-depth evaluation to rule out other tendon conditions.

In some cases, additional treatments such as **shockwave therapy** may be recommended.

👉 We suggest consulting a specialist or physiotherapist for a proper evaluation.

🔹 SUPPORT

If you have any questions or need support:

📧 support@physiocarehub.eu

👉 You don’t have to go through this alone.
We are here to help.

Alba & Antonio