

Dx: lateral epicondylitis

Rx: extensor stretching as tolerated, ultrasound, cross-friction massage, heat, ice 2-3 x per week x 8 weeks plus isolated eccentric exercise (see below).

### The “Tyler Twist” exercise protocol for Tennis Elbow

(Tyler et al. 2010, J Shoulder Elbow Surgery)

The FlexBar® exercise was performed for 3 sets of 15 each day (See Figure 1). Each repetition took 4 seconds to complete, and there was a 30 second rest between each set of 15 repetitions. The exercise was performed both during clinic visits and at home. Once the patients could perform 3 sets of 15, they progressed to the next color FlexBar®, indicating a higher intensity of eccentric resistance.



**Figure 1.** Instructions for the 5 Steps of the Exercise:

A. Hold FlexBar® in involved (right) hand in maximum wrist extension

B. Grab other end of FlexBar® with uninvolved (left) hand

C. Twist FlexBar® with noninvolved wrist while holding the involved wrist in extension

D. Bring arms in front of body with elbows in extension while maintaining twist in FlexBar® by holding with noninvolved wrist in full flexion and the involved wrist in full extension

E. Slowly allow FlexBar® to 'untwist' by allowing involved wrist to move into flexion (ie, eccentric contraction of the involved wrist extensors).

<http://info.thera-bandacademy.com/flexbarelbow>