

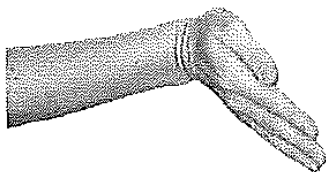


Michael S. Day, MD, MPhil

WellSpan Orthopedics
120 North Seventh Street, Chambersburg, PA 17201, Suite 101
Tel: (717) 263-1220 Fax: (717) 263-6255

Medial Epicondyle Stretching Protocol

- Moist heat 10-15 minutes prior to stretching is recommended
- Active stretches are usually more comfortable then progress to passive component.
- Recommend a BANDIT counterforce brace (placed along wrist flexor muscle belly) for use with exercise, lifting/carrying.



Forearm supported on table

Bend and straighten your wrist keeping your fingers straight throughout the exercise

Repeat ____ times

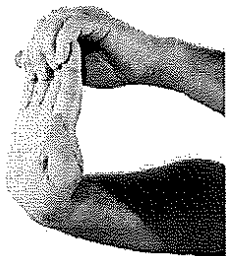


Stand or Sit. Forearms horizontally in front of you and palms together.

Push your palms together.

Hold ____ seconds

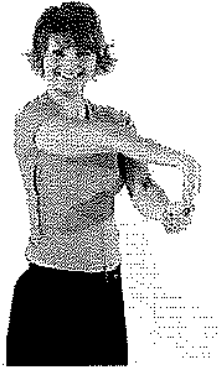
Repeat ____ times.



Stretch the muscles of the forearm

Hold the fingers of one hand, the palm is facing forward. Straighten your fingers and bend the wrist up.

Hold ____ seconds.



Stretch the muscles of the forearm

Hold the fingers of one hand, the palm is facing forward. Straighten your fingers and bend the wrist up.

Hold _____ seconds.

As pain subsides, introduction of proximal stabilization at shoulder, eccentric exercises for wrist and overall modifications of techniques with activities.