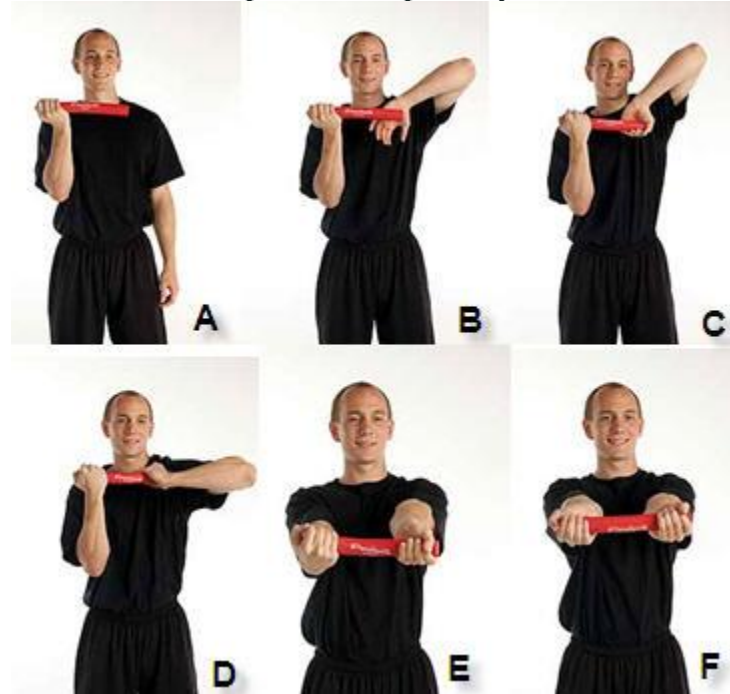


Dx: Medial Epicondylitis

Rx: stretching as tolerated, ultrasound, cross friction massage, heat, ice
2-3x/wk for 8 weeks plus isolated eccentric exercises.

TheraBand FlexBar® Reverse Twist for Golfers Elbow

This exercise helps medial epicondylitis, or "Golfers Elbow"



Instructions:

- A. Grasp FlexBar® exerciser with the injured side, bending your elbow and holding the bar parallel to the ground.
- B. Lift the elbow of your un-injured side upward and rotate your forearm so your palm faces away from you.
- C. Grasp the other end of the FlexBar with the un-injured hand facing away from you and pointing downward
- D. Twist the FlexBar with the hand on the un-injured side as you stabilize with the injured-side hand
- E. Hold both wrists steady as you extend both elbows in front of you. The wrist on your injured side should be flexed toward you and the other wrist extended.
- F. Slowly release the FlexBar with your injured side while maintaining tension with the uninjured side

Repeat 10-15 times up to 3 times a day. Begin with the red FlexBar and progress to the next color when you can easily perform 3 sets of 15. Use ice or Biofreeze for any soreness.