THE TENNIS ELBOW SOLUTION
FINALLY AN ANSWER TO TENNIS ELBOW THAT REALLY WORKS!

How to Finally Eliminate Tennis Elbow Pain Once and For All

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Chapter 1 – What is Tennis Elbow and How’d I Get It?

There are 2 types of “tennis elbow” –

1. Lateral Epicondylitis – This is known as “tennis elbow”. When you have tennis elbow, you’ll feel pain on the outer areas of your elbow. Tennis players tend to get LTE (Lateral Epicondylitis) when doing backhands. For a visual explanation of how LTE is caused, go here:

   http://www.youtube.com/watch?v=_Zh3l7sbxI4

   It can also be caused by simple tasks around the house such as gardening, picking up buckets – pretty much anything that forces your hand downward in a palms up position.

2. Medial Epicondylitis – This is known as “golfer’s elbow” and is prominent in golfers when they produce their swing by pushing the club forward with the back arm instead of pulling the club with the arm closest to the hole. MDE (Medial Epicondylitis) is also found in tennis players caused by a late swing during the forehand. In tennis, a new racquet (or tightly strung strings) can cause golfer’s elbow in that the new racquet may be heavier than the “old racquet” causing a millisecond variance in swing production, or from the strings causing more force than you’re used to. Although, golfer’s elbow can be found in both golfers and tennis players, MDE can also be caused by every day activities around the house or office.
Chapter 2 - Tennis Elbow Signs and Symptoms

**General Signs and Symptoms**

- difficulty hold, pinching, or gripping objects
- pain, stiffness, or insufficient elbow and hand movement
- forearm muscle tightness
- insufficient forearm functional strength
- point tenderness at or near the insertion sites of the muscles of the lateral or medial elbow

**Specific Signs and Symptoms**

**Lateral Epicondylitis**
*(Tennis Elbow – Pain on the Outside of the Elbow)*

- painful resisted wrist extension (lifting your hand upwards in a palms down position)
- painful resisted radial deviation (bending wrist toward pinky)
- tenderness of the lateral epicondyle (outside of the elbow)

**Medial Epicondylitis**
*(Golfer’s Elbow – Pain on the Inside of the Elbow)*

- painful resisted wrist flexion (bending your wrist so that your hand & fingers go towards the ground in a palms down position).
- painful resisted forearm pronation (palm facing downward)
- tenderness of the medial epicondyle (inside of the elbow)
3. RICE – The Most Important Thing You Can Do

What is R.I.C.E. and why do you need it? One of the most recommended icing techniques for reducing inflammation and treating minor injuries is R.I.C.E., an acronym for rest, ice, compression and elevation. It is best used for pulled muscles, sprained ligaments, soft tissue injury, and joint aches. Applying R.I.C.E. treatments will decrease pain, inflammation, muscle spasms, swelling and tissue damage. It achieves this by reducing blood flow from local vessels near the injury and decreasing fluid hemorrhaging as a result of cell damage.

To administer R.I.C.E. use the following guidelines suggested by the American Academy of Orthopaedic Surgeons:

- **Rest:** Stop using the injured body part immediately. If you feel pain when you move, this is your body sending a signal to decrease mobility of the injured area.
- **Ice:** Apply an ice pack to the injured area, using a towel or cover to protect your skin from frostbite. The more conforming the ice pack the better, in order for the injury to receive maximum exposure to the treatment.
- **Compression:** Use a pressure bandage or wrap over the ice pack to help reduce swelling. Never tighten the bandage or wrap to the point of cutting off blood flow. You should not feel pain or a tingly sensation while using compression.
- **Elevation:** Raise or prop up the injured area so that it rests above the level of your heart.

4. The Tennis Elbow Counterforce Brace – When and How You Should Use It

The tennis elbow brace is a small band placed on the forearm just below the elbow to help compress the injured area and help relieve pain. For someone with tennis elbow, it’s highly recommended that they get their hands on a tennis elbow brace to help alleviate the pain.

Although the TE Brace is a great tool for helping the pain immediately, it’s recommended to use exercises to help naturally fix the pain to help wean yourself off of the brace. The last thing you want to do is become dependent on the brace, because tennis elbow CAN be cured with patience and a little “elbow grease”.
5. Tennis Elbow Phase 1 – Rest
When you find you have either golfers elbow or tennis elbow, the first thing you need to do is Rest, Rest, and then rest some more – Or it will never get well.

Tennis elbow is an overuse injury. Meaning you’ve used it too much, so it hurts. It’s your body’s way of telling you to slow down because you’re doing too much. So listen to it, or pay the consequences and feel the pain until you decide to rest.

During this phase you’ll want to make sure you ICE and Massage the tissue around the elbow on a daily basis. Every time you think about it, ice, massage, repeat. Compression through the use of an elbow brace is a good idea during this period.

If you don’t rest, there’s no way you can get into the process of helping it heal.

So if you’re a golfer or tennis player, hang up your clubs and racquets for at least a week. And when you start playing again, ease into it.

6. Tennis Elbow Phase 2 – Flexibility & Strengthening

Once you’ve rested, the swelling has gone down or the pain begins to subside, you can begin flexibility and strengthening exercises. Usually after a week or two.

You’re range of motion will be limited. You’ll want to perform the stretches found in this manual for a few days before you get into the exercises. Since you’re range of motion is limited, you’ll want to stretch the elbow to the point just before pain, hold for 20-30 seconds and repeat.

As you begin to get greater range of motion, you’ll then move into the exercise phase by performing the exercises in the same manner.

The exercises in this manual aren’t intended to be performed in the full range of motion immediately. You’ll want to work into them just as you worked into the stretches. Slowly but surely and increase the range of motion and tension gradually.

The exercises and stretches should be performed every day, and you should still be icing and massaging your elbow daily.
7. Tennis Elbow Phase 3 – Maintain & Improve Flexibility and Strength

As your elbow pain begins to heal, it’ll be easy to cease doing the exercises and stretches on a daily basis because the pain won’t be at the top of the mind awareness.

But that’s no excuse. As your pain begins to alleviate and even when it’s gone completely, you’ll want to continue performing the stretches and exercises on a bare minimum every other day for a full 30 days after the pain is gone.

8. How to Beat Tennis Elbow Into the Ground Until It Begs for Mercy

If you want to get rid of your tennis elbow pain, then you must commit to performing the exercises, stretches, icing, and massaging on a daily basis. Period.

I certainly understand the pain that comes with tennis elbow, that’s why I say you can’t afford to ease up even when the pain begins to leave. You’ll need to keep at it day in and day out.

Once the pain begins to leave, you’ll want to begin performing the exercises & stretches throughout the day every time you think about it.

Caution: NO PAIN, NO GAIN Does NOT Apply here.

PAIN=More Misery when it comes to tennis elbow. You’ll want to baby it as much as you can, but at the same time, be relentless in performing the exercises and stretches, but ONLY in the pain free range of motion.
Stretches for Tennis Elbow

Starting Position. Hold your “Tennis Elbow” Arm straight out in front of you parallel to the ground.

*Extensor Stretch*
*(Helps Tennis Elbow – Pain on Outside of Elbow)*

With your opposite hand, grab the wrist of the tennis elbow arm and stretch it toward the ground. If you have a severe case of tennis elbow, be sure that you are gentle. Stretch to the point just before pain and hold for 20-30 seconds and repeat. With time, your range of motion will increase. Every other day while performing this stretch, try to push a little further.
Flexor Stretch
(Helps Golfer’s Elbow – Pain on Inside of the Elbow)

With your opposite hand, grab the ‘fingers’ of the tennis elbow arm and stretch it toward the sky. If you have a severe case of tennis elbow, be sure that you are gentle. Stretch to the point just before pain and hold for 20-30 seconds and repeat. With time, your range of motion will increase. Every other day while performing this stretch, try to push a little further.

Flexor Stretch - Palm up
(Helps Both Tennis & Golfer’s Elbow)

Start with your arm straight, extended to the front, and with your palm facing the sky. With your opposite hand, grab the ‘fingers’ of the tennis elbow arm and stretch it toward the ground. If you have a severe case of tennis elbow, be sure that you are gentle. Stretch to the point just before pain and hold for 20-30 seconds and repeat. With time, your range of motion will increase. Every other day while performing this stretch, try to push a little further.
Leverage Point Extensor Stretch  
*(Helps Tennis Elbow – Pain on Outside of Elbow)*

Begin with your tennis elbow arm extended. Take your opposite arm and cross the wrist over top of the “tennis elbow” wrist. Next interlock the fingers of each hand. Extend your ‘tennis elbow’ arm straight, and use your opposite wrist and pull towards the sky. If you have a severe case of tennis elbow, be sure that you are gentle. Stretch to the point just before pain and hold for 20-30 seconds and repeat. With time, your range of motion will increase. Every other day while performing this stretch, try to push a little further.
Basic Tennis Elbow Exercises Bent Arm

Starting Point

Stand with your arm to your side, your elbow bent at 90 degrees. Your forearm should be parallel to the ground and the broomstick or dowel should be in your hand perpendicular to the ground.

Pronation
(For Tennis Elbow on the Outside of Elbow)

Stand with your arm to your side, your elbow bent at 90 degrees. Your forearm should be parallel to the ground and the broomstick or dowel should be in your hand perpendicular to the ground. Slowly rotate your wrist inwards lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have sever tennis elbow, and it causes pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.
**Supination**  
*(Golfer’s Elbow on Inside of Elbow)*

Stand with your arm to your side, your elbow bent at 90 degrees. Your forearm should be parallel to the ground and the broomstick or dowel should be in your hand perpendicular to the ground. Slowly rotate your wrist outwards lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have severe golfer’s elbow, and it causes pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.

**Neutral Wrist Extension/Flexion**

Stand with your arm to your side, your elbow bent at 90 degrees. Your forearm should be parallel to the ground and the broomstick or dowel should be in your hand perpendicular to the ground.
Neutral Extension/Flexion

Stand with your arm to your side, your elbow bent at 90 degrees. Your forearm should be parallel to the ground and the broomstick or dowel should be in your hand perpendicular to the ground. Slowly extend your wrist forward lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have severe golfer’s or tennis elbow, and it causes pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.
Basic Tennis Elbow Exercises Straight Arm

Starting Point

Stand with your arm extended directly in front of you parallel to the ground. The broomstick or dowel should be in your hand perpendicular to the ground.

Pronation (Tennis Elbow)

Stand with your arm extended directly in front of you parallel to the ground. The broomstick or dowel should be in your hand perpendicular to the ground. Slowly rotate your wrist inwards lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have sever tennis elbow, and it causes
pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.

Supination (Golfer’s Elbow)

Stand with your arm extended directly in front of you parallel to the ground. The broomstick or dowel should be in your hand perpendicular to the ground. Slowly rotate your wrist outwards lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have sever tennis elbow, and it causes pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.

Neutral Extension/Flexion

Stand with your arm extended directly in front of you parallel to the ground. The broomstick or dowel should be in your hand perpendicular to the ground.
Stand with your arm extended directly in front of you parallel to the ground. The broomstick or dowel should be in your hand perpendicular to the ground. Slowly extend your wrist forward lowering the dowel parallel to the ground. Return to the starting position and repeat. Perform 10-15 reps. If you have sever golfer’s or tennis elbow, and it causes pain when you lower the stick to parallel, simply lower the stick to just before the point of pain, and return to the starting position. Your range of motion will increase over time.
Tennis Elbow Wrist Curls

Pronated Wrist Curls

Ideally, You’ll want to support your forearm on a table or a bench. But if it’s not available immediately, you can simply support your forearm with the hand of the opposite arm as seen in the pictures to the left.

Begin with your palm facing down and supporting your forearm with a table or your opposite hand. Hold a 1 pound dumbbell in the hand of the injured arm. Relax your forearm muscles and allow the wrist to drop into the extended position as seen in picture 1.

While maintaining support below your forearm, contract your forearm muscles and begin lifting the dumbbell with your wrist until your forearm muscles are completely contracted in the flexed position as seen in picture 3.

Slowly return to the starting position and repeat for a total of 10 reps.
Supinated Wrist Curls

Ideally, You’ll want to support your forearm on a table or a bench. But if it’s not available immediately, you can simply support your forearm with the hand of the opposite arm as seen in the pictures to the left.

Begin with your palm facing up and supporting your forearm with a table or your opposite hand. Hold a 1 pound dumbbell in the hand of the injured arm. Relax your forearm muscles and allow the wrist to drop into the “flexed” position as seen in picture 1.

While maintaining support below your forearm, contract your forearm muscles and begin lifting the dumbbell with your wrist until your forearm extensor muscles are completely contracted in the extended position as seen in picture 3.

Slowly return to the starting position and repeat for a total of 10 reps.
Extensor/Flexor Combination

Rolling Stick

Rubber Band Exercise
Tennis Ball Squeeze
Tennis Elbow Self Therapy

Elbow Massage

Elbow Ice Massage