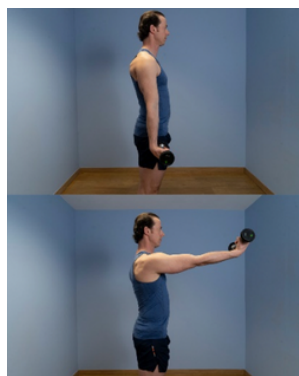


# Golfer's Elbow

## Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



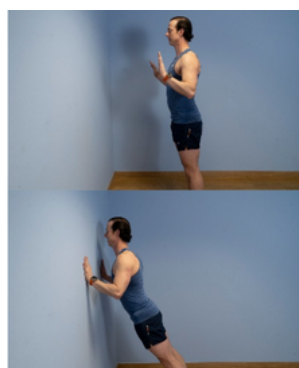
### 1. Isometric wrist flexion with elevation

- Sit or stand with your hand down by your side.
- With a small weight in hand (household object if you do not have a weight), flex your wrist so that the palm of your hand points towards the sky.
- Hold the position then raise your arm to shoulder height.
- Relax and then slowly lower your arm down.
- **Perform this exercise up to 15 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



### 2. Bicep curl

- Sit or stand with your arm straight out in front of you with the palm of your hand facing upward, holding a small weight.
- Bend your wrist so your hand moves towards you.
- Hold this position for 5 seconds.
- Relax your hand back to starting position.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 2-3 times.**



### 3. Falling wall press up

- Start by standing one small step away from the wall.
- Fall against the wall and use two hands to absorb the impact.
- Push away from the wall using your wrists in a downward flicking motion to the original standing position.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**