

Home Exercise Program Login Instructions

Login

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AtikokanHospital.medbridgego.com

Access Code: **HF9J7K3P**

Two Ways to Access



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To access your home exercise programs.

By Accessing Online You Can

View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Clinician Notes

This handout contains general exercises for Lateral Epicondylitis. No exercises should cause sharp, shooting or intense pain. Aching, stretching or discomfort may be present but should reduce over time as exercises are completed daily.

Your physician may recommend specific exercises within this program based on your diagnosis/condition. PHASE 1- Rest and stretch. Avoid painful activities. Do not force stretch, as this may cause pain. Hold stretch and move slowly deeper into stretch. When you are mostly pain free during stretching you can move onto phase 2 of program; 60-80% reduction in pain.

Contrast heat/ice packs are helpful to reduce inflammation.

A counterforce brace may be helpful during this phase, as it may make daily activities less painful. You can purchase a counterforce brace from the AGH Rehab Department or online (Amazon etc).

PHASE 2- Phase two should be completed for 4-6 weeks progressing in repetitions and weight.



Wrist Pronation Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7

Phase 1

Setup

Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

Movement

Using your supportive hand, slowly turn your palm downward until you feel a stretch, and hold.

Tip

Make sure to keep your wrist straight during the exercise.



Seated Wrist Supination Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7

Phase 1

Setup

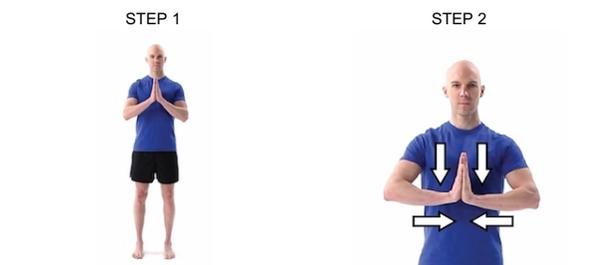
Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

Movement

Using your supportive hand, slowly turn your palm outward until a stretch is felt and hold.

Tip

Make sure to keep your wrist straight during this exercise.



Wrist Prayer Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7

Phase 1

Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

STEP 1



STEP 2



Reverse Prayer Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7

Phase 1

Setup

Begin in a standing upright position.

Movement

Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Seated Wrist Extension with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Radial Deviation with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

Tip

Make sure to keep your fist facing the middle of your body.



Standing Single Arm Eccentric Bicep Curl Pronated then Supinated

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

Setup

Begin in a standing upright position holding a dumbbell in one hand.

Movement

Turn your hand so your palm is facing backward, then bend your elbow bringing your hand up to your shoulder. Rotate your hand so your palm is facing toward you, then slowly lower it back down, and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise.



Towel Roll Squeeze

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

Setup

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

Movement

Gently squeeze the towel with your hand.

Tip

Make sure to keep your forearm and wrist still.



Resisted Finger Extension and Thumb Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Phase 2

Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

Contrast Bath



A contrast bath involves alternating between baths of warm and cold water.

After an injury, your doctor or therapist may recommend a contrast bath to help decrease pain and swelling. A contrast bath involves alternating between baths of warm and cold water. Your blood vessels become wider in the warm water and become narrower in the cold water. This creates a pumping motion that increases blood flow to an injured area. This helps decrease pain and inflammation, and can help your injury heal.

To perform a contrast bath:

- Fill two tubs or buckets with water so they are each about two-thirds of the way full.
 - Fill one bucket with warm water (95-110 degrees F)
 - Fill the other bucket with cold water (50-70 degrees F)
- Before you begin, test the temperature of the water in each bucket with a thermometer.
- Soak the injured area in the warm water for 3-4 minutes. Use a timer to keep track of the time.
- Next, soak the injured area in the cold water for about 1 minute. Again, use a timer to keep track.
- After 1 minute, switch back to the warm water. Continue alternating between the warm and cold buckets in this manner for about 20-30 minutes, or as directed by your healthcare provider. Make sure to end the contrast bath in the warm water, unless directed otherwise.

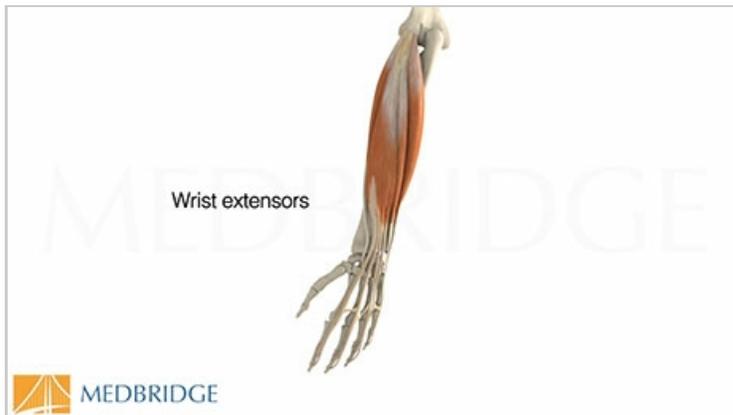
Contrast baths can be used for injuries to your hand, foot, elbow, or any other area that will fit in a water bucket.

Talk to your healthcare provider before performing a contrast bath, especially if you have:

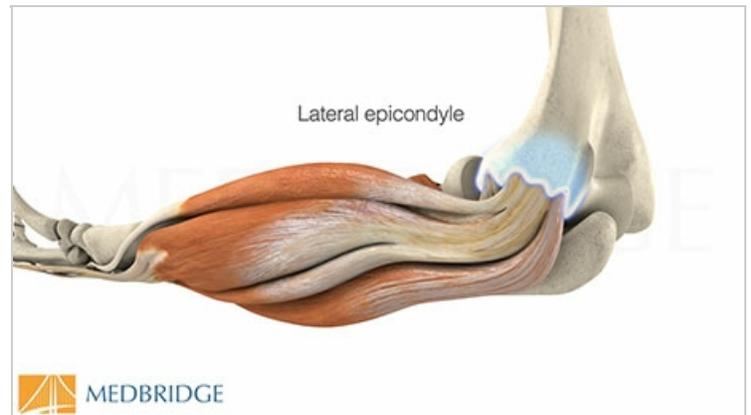
- Poor blood flow
- Peripheral vascular disease
- High blood pressure
- Numb areas, infections, open wounds, or other skin conditions

If you have any questions about contrast baths, please contact your healthcare provider.

Tennis Elbow



Left Arm: Wrist Extensor Muscles



Left Arm: Lateral Epicondyle



Left Arm: Area of Pain

Tennis elbow, also called lateral epicondylitis, is an overuse injury causing pain in the outside of the elbow. This condition is caused by repeated bending back (extension) and turning (rotation) of the forearm and wrist muscles. Repeated and forceful activities such as turning a screw driver, chopping food, and swinging a tennis racquet can lead to tennis elbow.

The elbow is formed by three bones: the upper arm bone (humerus), and the two bones of the forearm (radius and ulna). There are many muscles that cross the elbow and wrist to complete the detailed movements of the arm and hand. Muscles in the forearm involved in tennis elbow include the wrist extensors which bend the wrist back, and the supinator which turns your palm upwards.

The lateral epicondyle is the part of the upper arm bone where forearm muscles attach. Tennis elbow may involve tiny tears in tendons that attach to the outside of the elbow, resulting in irritation and pain.

Symptoms of tennis elbow include pain and burning at the outside of the elbow, and this pain usually starts gradually and without an injury. Tennis elbow can also cause difficulty lifting or grasping objects, and with any repeated movement of the wrist and elbow.

Preventing tennis elbow can include using proper technique and equipment, avoiding repeated movements when able, and including stretching and strengthening of the arms in your fitness routine.