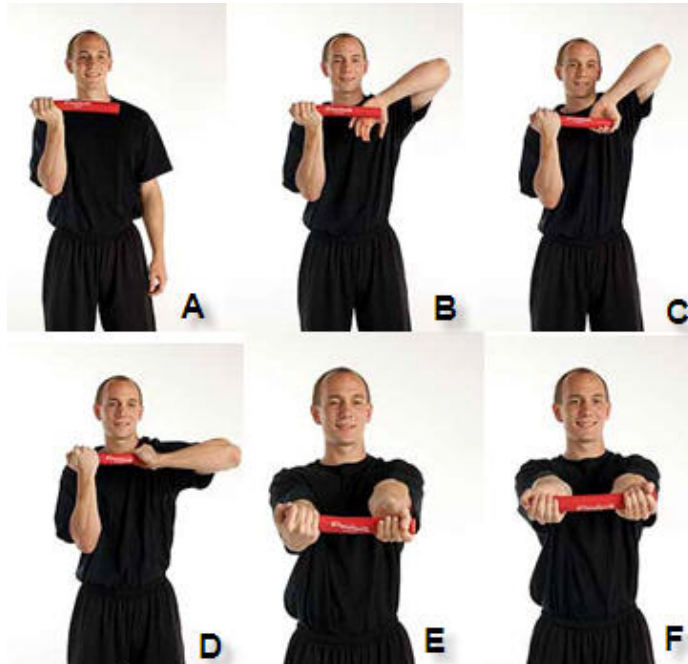


# Golfer's Elbow Treatment

\*\*You will need a flexbar for this treatment. Contact [Dr. K](#) to purchase one.



Pictures and instructions presented on this page are from the Theraband academy website

## **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.

# **Tennis Elbow** **Treatment**

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In addition to the Reverse Tyler Twist please follow these guidelines to help heal faster.

- 1) Reduce grip strength
- 2) Increase water consumption
- 3) Perform gentle slow stretching of forearm
- 4) Use a gua sha blade to treat the area as shown in our office visit.