

Gregory H. Tchejyan, M.D.  
Orthopaedic Surgery of the Hip and Knee  
www.tjnortho.com

### **Eccentric Strengthening for Lateral Epicondylitis**

- Do 2 sets of 15 repetitions, one time per day.
- Start with light/medium tubing. Hold onto tubing with your hand and then put it under one foot. Make sure there is good tension on the band. With you opposite hand, lift you hand up, remove your hand and slowly lower the hand with tubing. It must be slower than gravity.
- Continue stretching of the elbow/extensors. Hold for 5-10 seconds. Relax and repeat a total of 3 times.