

# Golfer Elbow



With a Flex/Resistance bar in affected hand, hold the top end with thumb up and position wrist into flexion (it looks like the number 7). With the other hand, grasp the bottom of the bar with thumb down with wrist in flexion.

Rotate the bar into the bottom picture, pulling the bottom arm through towards you and rotating arms straight in front of you with wrists in a neutral position. The unaffected arm should stay still as you let the resistance **slowly** pull your affected arm into more wrist flexion (the wrist and fingers pulling towards your face).

To perform an isometric exercise without the Flexbar, standing next to a countertop, press your palm of your hand into the side of the counter/cabinet and hold the resistance for up to 10 seconds.

To perform an eccentric exercise without the Flexbar, hold any weight up to 10 pounds with the wrist hanging over the counter (palm facing up). Let the weight **slowly** pull you down into wrist extension and return to start **ONLY** with the opposite hand.

Watch the videos if you have trouble understanding the steps above.



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