

Brent Abel's Elbow Injury Self-Treatment Program

Well, okay, well done.

It's Brent back here with you. And yeah, let's get to this elbow problem right now. And I'm going to tell you exactly what's worked for me. I've got some things as well that have not worked for me. Never did.

I'm going to tell you exactly what those are, but my story with an elbow injury has been the inside part of my elbow, the classic golfer's elbow area. Typically, on forehands or forehand volleys or the overhead, the serve. It could be a little problematic. I've had two episodes in my career.

One was, wow, back in the mid 70s and I don't know if it was a combination of that redhead metal racket or whatever, I was teaching a lot in Florida. And all of a sudden, just one day woke up and wow. I mean the elbow was just ... It was painful. And I had to take off some time from work.

Unfortunately, it was probably a month and I tried everything and I'm going to tell you what I tried that did not work.

And then after that happened, I knew that, well, there's always a chance once I got it ... Once I got it fixed, I figured, well, there's always a chance it can happen again.

So let's dig in and let's find out something. And I did a lot of studying, a lot of research, and I just kind of came back with some realization, a lot of stuff that we're told just I don't think works for a lot of people, at least it never ever did for me. So let me tell you kind of what never worked for me. Let's start with that.

And number one was strengthening. So right after I had the problem, right after I had the pain, I went to my boss, said, "Guy, I can't hold a racket." And the first thing they said, "Well, you've got to strengthen your arm, you've got to strengthen the muscles in your arm."

And all right, so I tried that and the problem for me is that it actually made it worse. And over time, I came to realize, came to believe as a layman, not as a certified doctor, not as a certified anything other than, wait a minute, what's going on inside the elbow where the tendon, which by definition the tendon attaches the muscle, the forearm muscle to the elbow bone.

And so what I was actually doing was strengthening the forearm, strengthening the upper arm, the muscles were getting bigger, the muscles were getting stronger, but they were kind of contracting, they were getting shorter. And when they were getting shorter, they were pulling tighter on that tendon that was already injured, that needed some kind of healing environment. And the strengthening was doing the opposite. It kept aggravating it over and over.

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And so eventually I stopped doing the strengthening and over time it eventually went away. But the second time I got the elbow injury, I just said, "Nope, I am not doing any strengthening at all." And it really helped with setting up a healing environment that really got me a much faster result than whatever had before.

Icing. I was told, "Okay, you gotta put your elbow, you got a big bag of ice, just kind of plop it on your arm there in your elbow." And that didn't work for me either. And the reason I think is that the same kind of thing. Not only was I icing down the elbow problem, but I was also icing down because there was so much ice, I was icing down the healthy muscle. And during the icing sessions the muscle was contracting, it was getting smaller.

And once again, what's happening with that muscle when it gets smaller? Well now it's pulling tighter on that little nick or whatever you've got in that tendon. And that didn't work for me as well.

And then the other thing, I tried a couple of cortisone shots. Boy were those fun. No, they weren't fun at all. And I just kind of came away with maybe a little bit of relief for a few hours, but I just felt like this is not really solving my problem. This is not really healing the damage that I've got in that tendon. So for me, it never, ever worked.

And so I'm going to go through ... This is a little lengthy, it's a three-step program that has worked for me the second time I did this. And then I've actually recommended this to several players and other people, maybe not tennis players, but have got some kind of an elbow problem, whether it's a golfer's elbow or a tennis elbow.

And what I encourage you to do is to first of all, print out the guide that I've got for you. It's a three-page guide.

Actually it's a two-page guide. **The third page is a disclaimer, I'm not a doctor, I'm not medically certified in any shape or form whatsoever. If you feel like you need a real professional opinion, then by all means go get somebody. Go to your doctor and do that. What I'm recommending to you is what's worked for me and what's worked for some other players and some other people that I've come across in years, in decades.**

So anyway, so I encourage you first of all to print out the guide. It might be a little bit easier for you as we go through what I'm going to tell you that worked for me. It's three steps.

And the first step is to promote healing. So strengthening right after the injury. No, it didn't work for me. Icing, the big bag, didn't work for me. Cortisone, I just kind of came away going, "This can't be good for me." And so I just never ever did that again.

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So we have to set up a healing environment for that damage that we've got, whether again, it's the tendon part of because of a tennis elbow or golfer's elbow. And we got to promote that healing.

And so this might sound a little goofy, but I really believe in this, in that the elbow, the muscles in the elbow sometimes get a little bit tight and a little bit shortened because of whatever's happening with the shoulder.

Could be we have some shoulder issues or shoulder muscles that are tight. And look, maybe it's the upper back that's a little bit tight. Oh gosh, maybe it's the lower back.

Those muscles in the lower back that are too tight. Might be the glutes. You know what? It just might be the hamstrings. And I'm convinced that that whole line of muscle groups in there, if one of them is too tight, it can affect the other ones.

And so what I'm going to recommend is you get a foam roller or you get a stick, this rolling stick and start with the hamstrings. Make sure that your hamstrings are really relaxed, are really loosened up, are not tight. Make sure your glutes have got ... I use the roller on the glutes.

Make sure that your lower back, your upper back and your shoulder muscles, there's nothing tight in there that might be pulling on the upper arm, which might be pulling on your forearm as well. You've got to make sure that all of that stuff is stretched out.

You can do that. And I've got some resources or I should say I've got some recommendations if you don't have ... If you don't have a foam roller, if you don't have the stick, the roller stick, some other things, I've got some suggestions for you as well in the PDF guide. And if you open up the PDF guide on your computer, there are links in there that will take you over to Amazon where you can pick up those things that you need.

So promoting the healing, again, loosening the connection, the foam roller, the stick, the forearm stretch. This is huge. This is really a big deal. And I actually do this sometimes if I'm ever feeling something on the tennis court or maybe it's a wrist issue, a little tenderness in the wrist or maybe something in the elbow, I just stop. I just stop and I do this where ...

Well the first thing, in fact, let me back up for a second. The first thing I want you to do is to massage your forearm. The muscles in your forearm, I want you to get a warm towel. Maybe you get a water bottle. I don't know what it is. It's easier with the towel because the water bottle is pretty thick.

But if you get yourself a warm towel, whether it's wet, fine, I think wet heat is great. With your palm up, you place the towel on top of your forearm and you just start kneading it. You just start massaging it, trying to really loosen that up, trying to make sure that whatever connection that muscle has got to the tendon, that it's getting stretched out.

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Not the tendon obviously, but the muscle is getting stretched out so there's less tension with that connection between the muscle and the tendon.

So I'm going to tell you that I think you ought to be doing this a few times a day. One of the things that I'll do from time to time, at least I did back then a lot, every time I would take a shower in the day, I'd get in there and I'd just let the hot stream of water just for a minute or so, just directly out on the forearm. And again, just doing some massage on that and really trying to loosen up, just really trying to loosen up that forearm muscle.

Now the other thing I just was going to say is that this forearm muscle stretch for me is like magic. And what I do is I stick my arm straight out and the palm is up and I take my other hand and I just kind of with the arm completely straight, I just bend the fingers back down for about 20 seconds, 15, 20 seconds.

I flip it up where the fingers are pointed up and then I pull back on that. I'm telling you, if you'll do this, maybe you have to set a reminder on your phone or something, but to do it on the hour, I know it sounds like a lot, but we're only talking maybe 60 to 90 seconds total rather than doing one big stretching session a day.

If you think about one big stretching session today, all right fine and dandy, you get everything stretched out. Let's say the stretching session is 30 minutes, but for the next 23.5 hours until you do it again tomorrow, everything is now trying to unstretch. Everything is trying to contract.

So the key here is to keep those arm muscles stretched out throughout the day for as long as you possibly can to help reduce any kind of pull from the muscle on that tendon and really give it an opportunity to heal. So if you look at the PDF guide, it's going to detail a little bit more how often I think you should do this. But for me that forearm muscle stretch is really magic.

Icing. I told you before, big bag of ice didn't work for me. Maybe that's what you've been trying as well. It's not working for you either. Here's what does work for me with the icing.

And you take one of those Dixie cups, you guys have seen Dixie cups. It's this little thing that's about a three ounce cup. I fill it up with water and then put it in the freezer and let it freeze. And once it's frozen, I then peel away maybe just a little bit of the top so there's just ice exposed. And then I can hold onto the bottom of the cup without actually holding the ice itself.

And what I want you to do is just for about 30 seconds, just only on top of the point of pain, we're not doing it on the healthy stuff. We don't need to ice down the healthy stuff, the muscle, we're just going to ice down the point of pain and just do a little circular

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motion in one direction for about 30 seconds and then come back around and do the other direction for about 30 seconds.

And again, only directly on the point of pain. And I don't do it for more than a minute because I get a little concerned if I do it longer, the coldness starts to expand and go into the healthy muscle, which I don't want it to do. I don't need to ice down the healthy muscle. I want to keep that as stretched out as possible.

The next thing is going to be a compression sleeve. I get my compression sleeves from bodyhelix.com. The reason is I know the owner really well. He's just a great tennis player, great guy, Fred Robinson. And he really came up with just super high quality stuff.

Stuff's not cheap, it's not inexpensive. And the reason I like it is because it's really, really super high quality. Not only from the compression part that you get and from the heat that it actually helps with keeping the part of the forearm muscle stretched out. And also part of the upper forearm, I shouldn't say upper forearm, but upper arm muscle stretched out. It's just really high quality stuff.

I use one on my knee, I got a knee sleeve that I wear every day when I play tennis or go for a long hike. They go in the wash. I mean I can't wear these things out. They're just unbelievable.

So I've got a link in the guide, I think it's on page two, at the bottom of page two that will take you directly over to Amazon where you can pick one up. Again, not cheap. And I highly encourage you don't go cheap on this stuff because yeah, I mean it's just really good and I think it'll help you in the long run.

So another thing is I want you to be thinking about daily tension that you might have in your life. I knew when I first got mine, I was having a commute, had to go through traffic every day for about an hour going to work and then an hour coming back. And man, it was aggravating.

And so there'd be tension on the steering wheel. There'd be some gripping going on on the steering wheel. And anytime we're gripping or doing anything like that, especially when you've got this elbow injury, man, you've got to lighten up. You've got to make sure of anything in your life, whether it's driving, whether it's maybe some kind of a chore.

Look, I mean some people take the toothbrush and it's like fighting it. You've got to be aware. What are you doing in your life where you're bringing in, could be a chore like I said. And you have to make sure that you're really aware of that and relax your hand on whatever that thing is.

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So you make sure that you're not ... To me it's like a form of strengthening. Anytime that we're gripping something tightly when we've got that injury, it's a form of strengthening. So I want you to be really aware of what's going on with that.

We need to reduce inflammation. I mean part of what's going on with the injury is some inflammation. And so I'm going to highly encourage you for a month at least. And look, I mean, I'm not saying what's the right diet. I've got my own diet that really ... I mean I try to go on an anti-inflammatory diet as much as possible just as a lifestyle.

But for the next 30 days, I'm going to highly recommend that you go anti-inflammatory as much as possible. To me that means we've got to cut out as many man-made carbs as possible. I would go really light on the dairy for a month, if not totally cut it out. But I just think that we've got to reduce inflammation as much as possible.

We talked about the icing technique that I think will help you as well. But this is another way to be able to promote that healing environment that you want for the injury.

Look, obviously I can't prescribe ibuprofen, but I sort of like it if I get a little nick here and there and it's kind of concerning, you know what? I might take a couple of ibuprofen once a day, maybe twice a day.

It's just kind of like the miracle drug. **Again, I'm not a doctor, so I can't obviously prescribe or recommend to you as a doctor**, but for me, this is what I do. And maybe there's something else you want to take, but whatever it is, if you're not taking any kind of anti-inflammatory drug, look, go talk to your doctor first and make sure that that's not a problem for you.

Look, if you're overweight, and all I can tell you is if you are, man, drop the pounds, get yourself onto a pound reducing shedding, let's get the stuff off because it can't help. I mean it's more stress on your body if you're overweight at all.

And so the more stress we bring, the more tension we bring, who knows? I mean, I'm not saying that's why you've got an injury, but it can't help in terms of ... I should say, it can't hurt. It can't hurt to be able to ... Let's get the weight off. We don't need it on anyway. There's no point in carrying around extra pounds in our life.

So look, if you want some help with it, I've got a link in the guide where we can set up, you can cherry-pick a date and time for a free 15-minute call. Let's talk about diet if you want to. I'll give you some ideas. Again, free call, no problem. But if that's an issue for you, highly encourage you to take action on that right now.

And let's work more towards a fitness lifestyle.

Take that for whatever you think it is, but I just think, what the heck? Why not? Why be fit? And people think, "Oh my God, we're just avoiding everything. It's white-knuckling." No, it's not. Some of the things that we have in our lives in terms of what we eat, all

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right, there might be maybe a couple of weeks in there in terms of we're just so addicted to it, but eventually that stuff goes away.

So anyway, I'm going to belabor the point on fitness. And look in the end, all of this stuff, anti-inflammatory diet, losing weight, a fitness lifestyle. If tennis is your thing or maybe it's another sport or just working out, they just become so much better.

The next thing is mindset. I think that when we get an injury, no matter what it is, we can get pretty negative, we can get pretty bummed out, we can get a little depressed, we can get a little eh.

And you gotta keep telling your brain, "I'm working, I'm doing the stuff, I'm doing everything right, this is getting better. I'm going to get better soon."

Whatever the affirmation is, if you want some help with that, again, free 15 minute call, I can help you with what to write out. But you ought to write out something that is completely positive and just so that you keep telling your brain, and it's just a reminder that eventually you get over this negative feeling of being injured, which I know, I mean, it's no fun.

It sucks, missing out being on the tennis court or missing out being in the gym or whatever. Maybe it's a different sport, maybe just work. Maybe you've got some kind of manual labor you've got to do.

Whatever it is, if you can get the brain thinking positively, I got no data to prove it. But I think that we heal a whole lot faster than when we do that. Because when we have negative thinking, what do we do? I think we bring tension into our body and when we bring tension, as I've been saying, I just don't think that's a great deal for the healing environment.

So write something out, read it two or three times a day. It doesn't have to be a long 8.5 by 11 page. Could be just three or four sentences, whatever it is, read that thing three or four times a day or as much as you need to and just give yourself that great positive message over and over and over again.

All right, so that's phase one.

That's step one. I want to make sure that when you do this and you really buy into it and you really do it, you really get a great routine going, you're still going to want to think, "Maybe I could start now going out in the tennis court, or maybe I could start doing my gym work again."

But I want to make sure that you've got two or three days in there when you feel no more pain after you've set up the healing environment and it's now fixed, it now feels good, you don't have any pain.

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Give yourself two or three days before you start step two. And step two is strengthening. And really what we're going to do with this, it's going to be some light, flexible strength. It's not going to be bulking, it's not going to be big muscle building. Short contracting exercises, I should say. Short muscle.

No, we want to make sure that we have flexible strength, which means longer muscles, stronger but longer. So not heavy weights. And what I'm going to suggest to start in step two is going to be a couple of things.

Number one, squeeze a tennis ball. Now look, a tennis ball's pretty firm. I don't want you fighting it, but just start kneading it. Just start working a little bit when you're driving in the car. You could do that when you're sitting at work. You could do that. I mean there's lots of opportunities to do some light strengthening.

I am going to recommend a stretch band and the stretch band where we just kind of work it and I'll show you what that is. But we're doing this light. We're not doing this strong. We're not fighting it. We're just kind of getting some motion in there. Again, trying to create some flexible strength.

If you're a tennis player, maybe a golfer, let's do some racket swings or club swing rehearsals at home, not on the court, not on the golf course yet. Light grip. And what we're practicing is a relaxed grip.

One of the reasons that we get elbow problems from either tennis or golf, we're just squeezing too tight. We get so much tension when we play. We have nerves, we got whatever, anxiety and we're squeezing. It's the death grip. We're just squeezing things so tightly.

And in tennis, I know for sure in tennis that you could have the proper grip, hand placement, you could have the right swing technique, that could be perfect. It could be simple, it could be repeatable.

And yet if you're too tight on the grip as you go through the ball, doesn't matter, man. It's just a recipe for an injury.

So what we're going to do before we get out on the court, we're going to do some swing rehearsals and you're going to feel what's a light grip.

Start with, well, this is too light, this is too flippy, floppy, whatever. Then squeeze tight.

Well, that's too tight. And now go, let's find something that's really relaxed that we don't have the death grip on. And I want you to continue all of the stretching routine that you did in step one on a daily basis. We've got to make sure that we keep these muscles stretched out.

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So I've been in step three, prevention, for decades now, and it's really for me an abbreviated phase two. So that I'm still doing some stretching every day, I still stretch out my forearms like crazy every day.

I don't do a lot of icing. Once in a while I'll do it more for my shoulder just because I have a tendency to get some arthritis in there. So I'll do a little bit of icing there. But I really never have a need to ice my elbow anymore, but I still do that straight arm out in front where you've got the palm facing up and then you're pulling the fingers back in both of those directions.

I do that at least every day when I'm on the tennis court. And certainly if I start feeling something in the elbow or the wrist, I'm going to do it. So this is just prevention.

And so I've been fortunate enough to not have any recurring injury in decades in either golf or tennis elbow injury. So you got to practice, and I do this every day, practice the anti-death grip on the tennis court and whatever lifestyle you've got.

I talked about driving, talked about chores, talked about something at work. Whatever it is, you've got to be aware, are you squeezing the hand too tight on something that's bringing tension into your forearm, into your shoulder? You've got to make sure that you're aware of that and stop it.

And look, the first thing I do in the warm-up every day when I go out on the tennis court is I feel the relaxed grip and I do a short court thing. I really want to make sure that I reinforce that habit for that day from the very first ball that I touch so that it's a relaxed grip. So then when I go back on the baseline and start hitting, it's the same thing. I'm just really aware of never, ever getting too tight on that racket handle.

So here are the tools, and you'll see this in the guide, the foam roller, the stick, the stretch band, the compression sleeve, Dixie cups for doing the icing as well.

Look, if you feel like you need some coaching, some one-on-one private coaching, there's a couple ways we can do it. There is a link in the guide that will take you to my online calendar where you can pick a date and time that works great for you. And it's a free 15-minute call.

And if after that 15-minute call you feel like you want to do a little bit deeper dive on that, we can certainly ... I'll send you a link where we can do a 30 minute. It's a paid for one-on-one coaching thing, but that's up to you. That's something you decide would be better, we can do that as well.

Look, really hoping to help you through this and I got it, man. This is painful stuff. This is no fun. But if you follow this guide, I can't tell you how long it's going to take. Everyone has got a little bit different time frame, but if you follow it to the tee and you really do the mindset stuff and make sure that you keep it positive and you're aware of all the other stuff in your life that we bring tension into and you start lightening up on that, my feeling

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is that you'll get where you want to go in terms of setting up that healing environment, getting rid of the pain as soon as possible.

Again, can't tell you how long it'll take, but some people have come back to me and said it was only a couple of days, some come back and say it took a couple of weeks. So there's no magic formula to this other than just being disciplined to doing it.

If you've got any questions, feel free, and I don't want you to get stuck on this program. I don't want you to not understand something. Please shoot me an email, brent@webtennis.com, and I promise to get right back to you because I don't want you getting stuck and then trying to go off and do something else that maybe who knows what? Whatever.

Okay, that's it for me today, guys. I'm going to get out there. Hope you do. Hope you will as well. Help someone else have a great day and yeah, for sure. Shoot me that email, brent@webtennis.com if you've got a question.

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Tennis / Golfer's Elbow 3 Steps Self-Treatment Guide

Brent Abel - What's Worked For Me (Disclaimer [click](#))

Self-Treatment: What Didn't Work For Me To Relieve The Pain

Immediate Strengthening

Icing With A Big Bag

Cortisone Injections

Self Treatment: This Is What Did Work For Me

STEP 1 - Setting Up The Healing Environment NO Tennis or Other Painful Elbow Activity

Loosening The Connection.

Hamstrings. Glutes. Lower / Upper Back. 2x Day.

Roller / Stick.

Forearm Muscle Massage With Towel Heat. 2 x Day.

Forearm Muscle Stretches. Hourly +/-.

Forearm Shower Massage.

Icing.

Dixie Cup. Only Directly On Top Of The Point Of Pain.

Circle Massage. 60-90 Seconds. 2x Day

Elbow Compression Sleeve.

Wear During Driving / Doing Chores. Computer.

Mindset Affirmations.

Read 3x Day.

Do NOT Go To Step 2 Until ...

Your Elbow Is Completely Pain Free For 3 Days.

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STEP 2 - Building Flexible Strength

Still NO Tennis or Other Sports Elbow Activity

Stretch Band. 3x Day.

Tennis Ball Squeeze. 60 Seconds Both Hands. 3x Day.

At Home Tennis Racket Swing Rehearsals. Light Grip. No Squeezing. 3x Day.

Continue Step 1 Stretches.

If You Experience Any Elbow Pain, **STOP** The Stretch Band & Tennis Ball Squeeze Exercises. Continue With The Step 1 Stretching.

Squats. Volley Lunges. Cardio Bike. Elliptical. Etc.

Do NOT Go To Step 3 Until ...

You Can Do All Of Step 2 Exercises For 7 Days Without Any Pain.

STEP 3 - Prevention Defense

Abbreviated Step 2. 1x Day.

Tennis. Light Rhythm Hitting Warm Up.

Practicing Relaxed Grip Pressure.

Recommendations (The Links Below Are Affiliate Links. If You Make A Purchase Through One Of Them I'll Be Paid A Small Commission At No Additional Charge To You)

Gimme 10 Foam Roller - [click](#)

Yansyi Muscle Roller Stick - [click](#)

Dixie Cups - [click](#)

Body Helix Compression Sleeve - [click](#)

Stretch Band - [click](#)

Ibuprofen - Check With Your Doctor

My Anti-Inflammatory Diet - No Wheat, Gluten, Dairy For 30 Days

Lose Weight & Get Fit - 15 Minute Free Call With Brent - [click](#)

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Brent Abel - What's Worked For Me

DISCLAIMER

Brent Abel is NOT a doctor.

Nor is he medically certified in any capacity whatsoever.

His recommendations are 100% based on his personal experiences.

If you feel you need a certified doctor's advice, then by all means, consult with them.

Brent makes no guarantees that his recommendations will work for you, however, he does guarantee your complete purchase satisfaction.

If for any reason at any time you are not completely satisfied with your purchase of this program, then email Brent at brent@webtennis.com, and he promises to issue you a full refund immediately.