

Tennis / Golfer's Elbow Treatment 3 Phase Program by Brent Abel

Quick Start Guide

IMPORTANT DISCLOSURE:

PLEASE READ THIS FIRST...

My insurance carrier and my business attorney have requested that I disclose the following to you.

I am NOT a doctor! I have no medical certifications whatsoever.

I have taught tennis for over 45+ years, and my recommendations to you are based on my own personal experiences and what I've observed as a tennis professional and tournament player that have been effective for tennis players, athletes, and others over the course of my professional tennis teaching and competitive tennis tournament career. If you feel you should consult with a doctor or a trusted medical professional, please do.

I do not make any claims nor do I guarantee that my methods will work for you. However, I certainly guarantee your complete satisfaction with my treatment product, in that, if for any reason you are not pleased with your results, then let me know and I will promptly refund 100% of your purchase price.

I can be reached at brent@webtennis.com .

BONUS Documents Included With This
Quick Start Guide...

Daily Treatment Log: Phase 1 – Healing

**Daily Treatment Log: Phase 2 – Strengthening -
Mental Approach to Treating Your Injury Foods,
Liquids, and Tension**

Brent's Recommended Treatment Aids

***Save this PDF file to your computer and print this
document for future reference.***

There are 3 phases for your injury treatment: eliminating pain, strengthening, and future injury prevention. I cannot tell you exactly how long Phases 1 and 2 will take you to complete. It is different for everyone depending on a number of factors.

However, there are 2 vital aspects to my program that will dramatically speed up your healing time.

First, Phase 1, eliminating the pain (inflammation), is an ongoing throughout-the-day process. The stretching routine requires several 3 minute sessions per day, and the folks who have the most success with my methods completely commit to making the necessary time for this ongoing process.

And secondly, negative thinking, feeling sorry for yourself, and any form of pessimism can literally stop your healing process. Get your positive mindset going right now. This is crucial.

In fact, the steps you are taking to treat your injury can not only help you physically repair tennis & golfer's elbow but you may also benefit by being honest and learning why it is you now have this injury.

Except with professional athletes, rarely are tennis & golfer's elbow injuries traumatic events (almost like a freak accident). This injury is normally associated with either poor technique, tension and stress in one's life, tight muscles in other areas of your body, and/or other emotional and psychological contributing factors over the course of a period of time.

As you treat your injury, use this time to evaluate how you got here. Be honest and consider in a positive way that this injury may be just the motivator you need to make any necessary changes in your life.

And finally, when you are not involved in one of your treatment sessions, from time to time throughout the day when you are alone, tell yourself that this injury treatment time in your life is a positive experience. Visualize yourself doing that activity you most love and you will soon get there...!

The treatment program's videos can be viewed and downloaded at:

<https://new.webtennis.com/elbow-course-v55>

Phase 1 – Reducing Inflammation

Listening to “easy listening”, smooth, etc. music will help you relax. Headphones are OK. Stop if you feel pain.

The Goal: Phase 1 is all about eliminating the inflammation, the tendonitis, in your tendon that connects your forearm muscles to your elbow bone. We are going to do that by getting your forearm muscles stretched out so that the muscles do not pull on that inflammation in your tendon.

The key is to stretch often enough to be able to maintain a stretched out position in those muscles.

We are going to do short 3 minute stretching sessions throughout the day rather than long stretching sessions once or twice a day.

I do not recommend using arm/elbow bands for protection, but it’s up to you. If you are currently using an arm band, and if you feel it helps, then continue to use it. I would ask that you *try* the 3 minute stretching session without it.

The 3 Minute Stretching Routine

Minute #1 Self Massage: If you have a warm washcloth or heating pad, place it on your forearm and gently massage the muscles in your forearm (both sides) or have someone help you with the massage. Do 1 minute of massage on your forearm that has the injured elbow.

If you are self massaging, do not massage your other non injured arm since this is like a strengthening

exercise for your injured elbow's arm, and it will aggravate your injured elbow.

If you have someone else do the massage, then no problem, they can massage both of your forearms.

Do NOT massage directly on top of your specific point of pain. Only massage what is healthy and not the inflammation area.

Heat is not mandatory but it will help soften up your forearm muscles prior to and during stretching.

Minute #2 Stretch #1: With your arm outstretched in front of you with the palm of your hand facing up, place the fingers of your other hand on top of your fingers of your outstretched arm, and gently pull your fingers down to stretch out the muscles in your forearm. Hold for 30 seconds, release for a few seconds, and then repeat the stretch and hold for another 30 seconds.

Minute #3 Stretch #2: Same as above but this time with your palm facing down to start.

Every 30 Minutes: This is a simple stretching routine that I want you to develop a habit of doing every 30 minutes.

I know, I know, that sounds kind of crazy, but the entire goal is not only to get your forearm muscles stretched out but to keep them stretched out throughout the day.

You'll eventually develop a habit of going through this 3 minute routine. In the beginning the biggest challenge is remembering to do your routine. Put a note in front of where you work, set an alarm on your watch, do anything you have to do to remind yourself to stretch every 30

minutes.

If you don't get in a stretching routine on the half hour, don't worry about it, but try to stretch as often as is possible for your daily life style.

Hamstring / Leg Stretch: As crazy as it may seem, rolling out / stretching your hamstrings will begin to loosen up your glutes (butt), your lower back, and eventually your upper back. Your upper back / lower neck area can contribute to elbow problems by pulling too tightly through your upper arm and down into your elbow.

I've found that the best way to stretch the hamstrings is with a rolling pin or "The Stick".

If you don't already have "The Stick" or cannot find it locally where you live, [click here](#) to get more information on it and how to order.

You can also use a wood rolling pin instead of "[The Stick](#)". A rolling pin is fine for home use, but I'm not carrying around a rolling pin in my tennis bag or suitcase!

Roll your hamstrings (the back of your upper leg) for 30 seconds and then your quadriceps (the front of your upper leg) for 30 seconds.

Ice Massage: You do not have to use ice for reducing inflammation each time you do a 3 minute stretching session. I would suggest that you try to get in two icing sessions per day for the first week.

Holding a chunk of ice or using the Dixie Cup method, massage your specific point of pain with your ice in a small

circular clock wise motion for 30 seconds, and then massage in a counter clockwise circular direction for another 30 seconds. Do not apply ice to the healthy muscles you've just stretched out. Do not ice for more than 1 minute per session.

Icing - Dixie Cups: Dixie Cups are small waxed paper cups that you can fill with water, freeze, and then peel off the top 1/2 inch or so of the paper cup so the ice is exposed and you can hold onto the bottom of the cup with your fingers. Remember, you're only icing for one minute.

Visualize: Throughout the day, before and/or after a stretching session, when you're icing, whenever, sit in a comfortable chair, on your bed, somewhere that is comfortable, and close your eyes and for 1 minute see yourself doing that favorite activity you most want to get back to doing. Do this 1 minute visualization at least 3 times a day.

Forearm Muscle Soreness: It would be normal to feel some soreness in your muscles after a few Phase 1 stretching routines. If you are experiencing different pain, soreness, make sure that you can differentiate between pain from your inflammation in your tendon or soreness in your muscles.

If you feel more pain from your tendonitis (not muscle soreness), then you are probably stretching too deeply. I suggest you do not flex your fingers as deeply when you do your stretches.

Measuring Your Progress: This is one of the big no-no's for Phase 1 stretching. We intuitively want to feel

if we're getting better, and that desire to measure our progress can quickly turn into negative thinking.

If you do your 3 minute stretching routines throughout the day, you're going to eventually eliminate the inflammation in your tendon.

Wanting too much and too soon to get through Phase 1 and onto Phase 2 causes tension in your body. And tension doesn't help keep those forearm muscles stretched out.

Relax, you're going to heal your elbow and you will quickly get back to your favorite activity pain free.

Phase 1 – Eliminating Inflammation (Pain)

Activity Log (Print)

Place a check mark next to each Phase 1 session you do on a daily basis. Try to do a minimum of 3 sessions per day.

Name:

Day #1 Date: _____

Day 1: 1____ 2____ 3____

Day 2: 1____ 2____ 3____

Day 3: 1____ 2____ 3____

Day 4: 1____ 2____ 3____

Day 5: 1____ 2____ 3____

Day 6: 1____ 2____ 3____

Day 7: 1____ 2____ 3____

Day 8: 1____ 2____ 3____

Day 9: 1____ 2____ 3____

Day 10: 1____ 2____ 3____

Completing Phase 1 may take you less than 10 days or it might take you a bit longer than 10 days. Everyone heals at a different rate.

Remember, don't force yourself to measure your progress with how you're doing. Put in your time for the stretching sessions and you'll get to Phase 2 soon.

You are ready to try Phase 2 – Strengthening once you have felt no pain for two days in a row.

Phase 2 – Strengthening

When you first start Phase 2, if you feel any pain, you are not yet ready for Phase 2, and you need to continue with Phase 1 – Reducing Inflammation.

Warm up as you did in Phase 1 with the 3 minute stretching routine.

With a thick rubber band, (I get mine from the grocery store. Broccoli bunches.) and your fingers together, place the rubber band around the outside of your finger tips, and then open up your fingers as far as you can and hold for 10 seconds.

After 10 seconds relax your fingers back to the starting position for 5 seconds and then repeat opening up your fingers as far as you can and holding for another 10 seconds. Repeat for a total of 4 repetitions which will equal 1 minute.

Minute #4 Stretches 1 & 2: Repeat Stretches # 1 and #2 for 30 seconds each.

Minute #5 Strengthen #2: Make a tight fist, clench tightly trying to focus the strength coming from your forearm muscles and not your upper arm and/or shoulder. Hold for 10 seconds and then release for 5 seconds. Repeat for a total of 4 repetitions.

Minute #6 Stretches 1 & 2: Repeat Stretches # 1 and #2 for 30 seconds each.

Hamstring / Leg Rolling: With either “The Stick” or a rolling pin, get in a minimum of 3 one minute rolling

sessions per day. Roll the hamstrings for 30 seconds and then the quads for 30 seconds. **Icing:** Once a day for 10 days

Are You Ready To Get Back To Your Favorite

Activities? Yes! But, let's test out your elbow slowly and not go back out there at 100% speed. Be smart. Don't overdo it. You're going to be excited that the pain has been gone for awhile, but let's gradually build back to your normal activity and intensity levels slowly.

Once you're back doing your activities, do your two stretches every few minutes for 10 seconds each.

Phase 2 – Strengthening Activity Log (Print)

Place a check mark next to each Phase 1 session you do on a daily basis. Do a minimum of 3 sessions per day.

Name:

Day #1 Date: _____

Day 1: 1____ 2____ 3____

Day 2: 1____ 2____ 3____

Day 3: 1____ 2____ 3____

Day 4: 1____ 2____ 3____

Day 5: 1____ 2____ 3____

Day 6: 1____ 2____ 3____

Day 7: 1____ 2____ 3____

Day 8: 1____ 2____ 3____

Day 9: 1____ 2____ 3____

Day 10: 1____ 2____ 3____

Phase 3 – Future Injury Prevention

Once you have completed Phase 2 – Strengthening, you are ready to resume normal activity. However, be sure to gradually work yourself back into any strenuous activity such as a sport.

Even though your elbow injury is now healed, start slowly if you are involved in any strenuous sport, hobby, or work related activity.

Continue to stretch 3 times per day as described in Phase 1. Be sure that one of those stretching sessions is immediately after any strenuous activity.

Do Phase 2 – Strengthen twice per week. Ice massage after if you feel any pain.

I highly recommend you get “The Stick” and use it on your calf, quad, and hamstring muscles daily. I roll out my legs at least 3 times every day.

For the first 2 weeks in this Phase 3 – Future Prevention, ice massage after any strenuous activity. After 2 weeks, ice massage whenever you feel any pain.

This is a daily commitment to prevent another injury. A few minutes here and there and will go a long way to keeping you free of injury and enjoy being pain free.

Just because you don't feel any pain does not mean that you should stop stretching and strengthening.

Hit me up with any questions.

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Brent's Highly Recommended Elbow Treatment Aids

I've got two treatment aid recommendations that I feel can really help speed up your healing time and prevent future elbow injuries.

Body Helix Elbow Compression Sleeve - [click](#)

The Stick - [click](#)

Getting your legs stretched out to help loosen up your back is crucial to helping your elbow.

I carry "the Stick" in my tennis bag for daily use and when I travel to play tournaments. I also carry it with me for non tennis travel. It is small, light, and easy to take with you.

Speed Up Your Healing Time The Reality of Being Positive

The very first thing you should do as you're getting organized to properly treat any injury is to set up a positive "healing environment".

The keys to a good healing environment are:

- to have a specific detailed injury treatment plan outline,
- to have any necessary treatment aids available to you,
- to fully commit to the necessary time needed each day for your treatment sessions,
- to avoid foods and liquids that cause physical and

emotional tension / stress (coffee, anything with caffeine, sodas, too much sugar, too much alcohol, etc.) and to eat as healthy a diet as possible,

- to "visualize" the specific activity you want to get back to once your injury has healed,
- and to avoid any negative thinking or "self-talk" about your injury by practicing positive self-talk throughout the day.

It's so easy to get "down" when we have an injury. Anger, feeling sorry for ourselves, and any form of negative thinking is a major barrier in our ability to treat and properly recover from any injury. Rather than just telling you to stay positive, I have a specific routine that I highly recommend you go through throughout the day. First, at the beginning and at the end of each of your treatment sessions, whether or not you're in the healing or strengthening phase, take one minute to do the following:

- Sit on the floor or in a chair in a comfortable position with good posture (no slouching), close your eyes, take 3 deep breaths by expanding your stomach to breathe (not short breaths from your chest) and slowly exhale.
- Take 20 seconds to visualize a favorite activity that you want to get back to once your injury is completely healed.

During this first 20 seconds, see yourself doing that favorite activity as if you're watching a video of yourself. You're a spectator.

- take 3 deep breaths
- for the next 20 seconds, visualize that same activity, but this time visualize yourself as if you're in that activity. Try to "feel" what it's like as you're doing that activity, and then take 3 deep breaths to finish.

Again, do this 1 minute visualization exercise before and after each of your treatment sessions.

And throughout your day, if you have any negative thoughts about your injury, simply tell yourself that your "intention" is to treat your injury properly, that you will be healed soon, and that you will be _____ (fill in your favorite activity) soon.

Even if you don't have negative thoughts about your injury, take 15 seconds to state your intention throughout the day. Write it down once a day. Positively commit to your recovery...

Remember, most injuries are not traumatic, you know, sort of a freak accident.

Most injuries are from repetitive stress. Poor technique, worn out shoes, overweight, tension and stress, the list goes on and on...

Consider this time you have now, as you treat your injury, as an opportunity to be honest about how you got here.

What was the true cause of your injury...?

Are there any changes you could make in your life that would not only help you treat your current injury, but just as important, are there any changes you can make that will help you prevent this and other injuries from occurring in your future.

Think about it...

Good luck out there. Stay positive. You're going to take care of this injury and you'll soon get back to your favorite activity...! Foods, Liquids, & Tension...

This isn't rocket science here...

Think about this. Your body wants to heal your injury. Your body isn't fighting you, in fact, your body knows precisely what to do, if you'll allow it to happen.

If anything, you are probably fighting your own body in its healing process.

And besides all of the physical and mental activities you're doing to help your body do what it wants to do to heal your injury, your body would absolutely love it if you weren't tense, stressed out, angry, anxious, etc.

You know what I mean, your body wants you to relax and allow your injury to get healed.

We've discussed the power of being proactively positive throughout your treatment. That in itself will help you stay calmer, more relaxed, and more focused on where it is you eventually want to go with this injury.

Back to your favorite sport, hobby, whatever...

Some foods and liquids can make it really hard for your mind and body to maintain a nice even emotional keel throughout the day as you go through the treatment process.

Coffee, caffeinated drinks, chocolate, too much sugar, sodas, candy, too much alcohol, etc., etc., etc....

You get the picture. Think about the things you put into your body each and everyday. Is anything you're consuming going to possibly get in the way of you staying calm and positive throughout the day...?

You know what those things are...

The key here is to eliminate tension in your mind and body. Nutrition is one to help your body stay energized naturally where that energy is not producing tension. I'm not promoting a diet here, and I'm not telling you to eat a specific way, but be smart, the last thing your body needs during your healing process is any extra tension and stress caused by certain foods / drinks or over consuming just about anything.

Get some rest, try to get a good night's sleep, try to figure out why your body wants you to participate in a mind and body team effort to help with your injury.

Brent