

Golfers Elbow

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.



Alternate between Session 1 and 2 for a total of 3-4 sessions per week

Daily:

Extensor Eccentric – 3 sets of 8 reps with a 6-8 second slow downward phase. (Reverse this so palm is up not down)

Wrist Rocks – 2-3 minutes

Session 1:

Ulnar Deviation – 3 sets of 8 reps

Military Press – 3 sets of 8 reps

Session 2:

Banded Work – 3 sets of 8 reps of each variation

Pronation Supination – 3 sets of 8 reps