

# 60 DAY RECOVERY PLAN FOR TENNIS ELBOW

## The Shocking Truth About Tennis Elbow

If you're reading this, you either have tennis elbow or you know someone who has it. Once you have it, your daily life is adversely affected. You've searched the Web for answers and products that promise to help. Unfortunately, there's a lot of misinformation out there that not only won't lead to recovery, but it can also make the condition worse. If you are serious about healing, please consider the unique 60-Day Plan outlined below. It is guaranteed to work.

**For starters, there is no "itis" in epicondylitis.** "Itis" implies that inflammation is a cause or result of the condition and there is no medical basis for that conclusion. Elbow tendon damage from overuse or misuse has a non-inflammatory pathology. It is tendinosis, not tendonitis, and is treated as such in this Plan.



## EPICONDYLITIS IS A MYTH

"Itis" means inflammation and it has now been proven that tendonitis is not an inflammatory pathology – it is in fact tendinosis. Reducing inflammation robs your body of its ability to heal itself and it has no effect on mending a stretched or torn extensor tendon. Anti-inflammatories can delay healing and increase the likelihood that you'll continue aggravating your elbow.

The extensor muscles are located in the back of the forearm and have long tendons connecting them to bones in the hand where they exert their action. Further up the arm, the common extensor tendon attaches the extensor muscles to the lateral epicondyle of the humerus bone at the elbow. If your forearm was a car, tendons are the shock absorbers and muscles are the engine.

**Tennis elbow is typically a stretch or tear in the extensor tendon.** This painful ailment commonly occurs in people who make repetitive hand and arm movements at work or at play, but there are literally dozens of daily activities that can cause or exacerbate the condition. If you have tennis elbow (TE), it usually bothers you every waking hour, not just when you're out playing tennis or pickleball.

The thing is, tendon tissue is mainly collagen and tendons have very little blood supply, so despite the entrenched dogma, **reducing inflammation or increasing blood flow lacks the biological rationale and clinical evidence to be functional factors in a recovery program.** This doesn't mean that an armband, compression sleeve, topical cream, TENS treatment or an NSAID won't ease some of your muscular pain in the short term. But they are not solutions to the problem. And, with a little less pain, you can talk

yourself into playing or working when you should be resting and rehabbing, making the condition worse and more difficult to heal.

**Because elbow tendon damage from overuse or misuse has a non-inflammatory pathology and is only minimally affected by blood flow, medical researchers have now identified a methodology that combines the key elements of disparate therapies into a Plan for Recovery.**

## STEP 1

### DAY 1

**Put on your TENEX ULTRA Elbow Shock Absorber and leave it on, 24/7 if possible or at least for all waking hours.** People think Tennis Elbow is a sports injury and it can be, but 90% of TE cases are caused by some other Repetitive Motion Activity. If your extensor tendon is stretched or has micro-tears, dozens of daily activities can make it worse. So, wearing your ULTRA for the 60 Days will go a long way toward your Recovery.



*Items That Cause Tendonitis*

**To the best of your ability, try to isolate the cause of your TE.** Sometimes the cause is obvious, sometimes you have to visit your PT to help narrow down the possibilities. This is important because what you do when you're not playing or working matters. For example, if you sleep on your back with

your hands on your chest, your elbow is bent, and this flexion can stretch/agitate your injured tendon. A weak compression sleeve can remind you not to bend your elbow. Or, if you regularly cook with an iron skillet and you always pick it up with the injured hand/arm, you're going to tweak your TE – so pick it up with the other hand. **Building awareness of all the little things that delay your Recovery is an element that is rarely addressed by medical professionals.**

Next up – **REST the injured elbow for 10 days**. If at all possible, refrain from hitting a pickleball, from hammering, from shooting a gun – whatever you have determined is the primary cause of your tendinosis. **Don't ice. Don't heat. It won't matter. Don't take anti-inflammatories. Don't wear an armband. Don't stimulate with TENS. Don't strap a machine on your arm.**

## STEP 2

### DAY 11

**Begin specific exercises to stretch and strengthen the muscles attached to the injured tendon. Start with minor resistance and work your way up. Stop or discontinue any stretch or lift that is beyond minor pain – some degree of discomfort is normal.** If discontinued, try again in a few days. The early goal of a therapeutic exercise program is to promote muscle endurance and improve resistance to repetitive stress while allowing the extensor tendon to heal. Following a well-structured conditioning program will help you return to daily activities, as well as sports and other recreational activities.

Length of program: This exercise program should continue for the remainder of the 60-day period. After your recovery, your doctor or physical therapist can instruct you in how these exercises can be continued as a maintenance program for lifelong protection and health of your elbow.

**Wearing your TENEX ULTRA after your recovery will minimize the chances of a recurrence.**

## Recovery Exercises

### 1. Wrist Extension Stretch

Equipment needed: None

Instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up for activities that involve gripping, such as gardening, tennis, pickleball and golf.

Step-by-step directions • Straighten your arm and bend your wrist back as if signaling someone to “stop.” • Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm. • Hold the stretch for 15 seconds. • Repeat 5 times.

Repetitions: 5 reps, 4x a day. Days per week 5 to 7. Tip: Do not lock your elbow.



## 2. Wrist Flexion Stretch

Equipment needed: None

Instructions: This stretch should be done throughout the day, especially before activity. After recovery, this stretch should be included as part of a warm-up for activities that involve gripping, such as gardening, hammering, tennis, racquetball and golf.

Step-by-step directions • Straighten your arm with your palm facing down and bend your wrist so that your fingers point down. • Gently pull your hand toward your body until you feel a stretch on the outside of your forearm. • Hold the stretch for 15 seconds.

Repetitions: 5 reps, 4x a day. Days per week 5 to 7. Tip: Do not lock your elbow.



## 3. Wrist Extension (Strengthening)

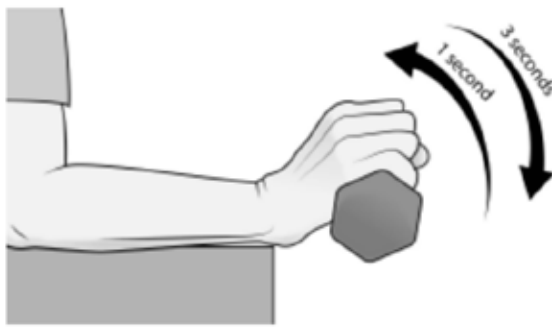
Equipment needed: Dumbbell hand weights (1 lb., 3 lbs. at Day 30)

Instructions: (1) Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge. Early in rehabilitation, just doing the lowering down portion of this exercise using a light (1lb.) dumbbell can help resolve acute pain before progressing to doing the

complete motion once there is less pain. Use the opposite hand to help push the wrist up as far as possible. Then, without assistance, slowly lower the weight until the wrist is flexed again. (2) Straighten your elbow slightly. Continue to support your arm on the table. (3) Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage • With palm down, bend your wrist up as far as possible. • Hold up for 1 count, then slowly lower 3 counts. • Begin without using a weight and increase the repetitions until you can complete 30. • When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.

Repetitions: 30 reps, 1x a day. Days per week 5 to 7. Tip: Do not let the weight pull your hand down too quickly.



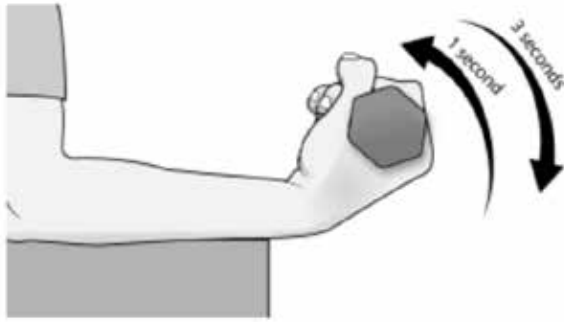
#### 4. Wrist Flexion (Strengthening)

Equipment needed: Dumbbell hand weights (1 lb., 3 lbs at 30 Days)

Instructions: (1) Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge. Use the opposite hand to help push the wrist up as far as possible. Then, without assistance, slowly lower the weight until the wrist is flexed again. (2) Straighten your elbow slightly. Continue to support your arm on the table. (3) Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage • With palm up, bend your wrist up as far as possible. • Hold up for 1 count, then slowly lower 3 counts. • Begin without using a weight and increase the repetitions until you can complete 30. • When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.

Repetitions: 30 reps, 1x a day. Days per week 5 to 7. Tip: Do not let the weight pull your hand down too quickly.



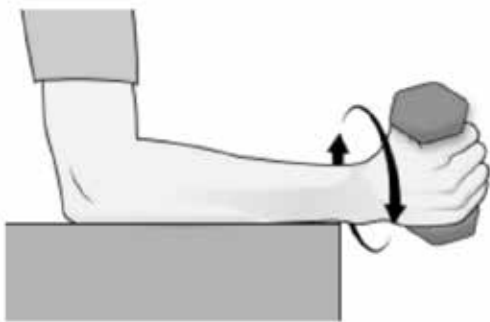
### 5. Forearm Supination & Pronation (Strengthening)

Equipment needed: Dumbbell hand weights (1 lb., 3 lbs. at 30 Days)

Instructions: (1) Bend your elbow to 90 degrees and support your forearm on a table with your wrist placed at the edge. (2) Straighten your elbow slightly. Continue to support your arm on the table. (3) Fully straighten your elbow and lift your arm so that it is no longer supported by the table.

Step-by-step directions to be followed for each stage • Begin with palm facing the side. Slowly turn the palm facing up. • Slowly return to the start position, then slowly turn the palm down. • Slowly return to starting position. This completes one repetition. • Begin without using a weight and increase the repetitions until you can complete 30. • When you can perform 30 repetitions on 2 consecutive days without increasing pain, begin performing the exercise using a 1 lb. weight.

Repetitions: 30 reps, 1x a day. Days per week 5 to 7. Tip: When using a dumbbell, try to let the weight pull your forearm in either direction as far as possible.



## DAY 30

Repeat Recovery Exercises 1-5 at the same frequency with a 3 lb. weight. Add the following exercises to your routine.

### 6. Stress Ball Squeeze

Equipment needed: Rubber stress ball

Instructions: This exercise should be performed after completing the above staged strengthening exercises. Your arm and elbow position for this exercise should match the stage you are completing.

Repetitions: 10 reps, 1x day. Days per week 5 to 7.

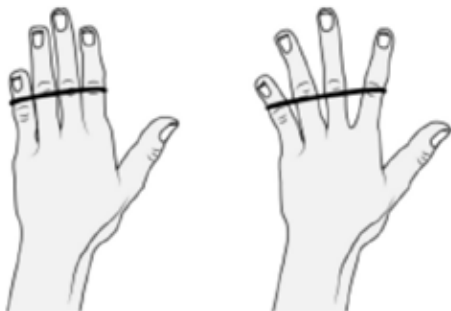


### 7. Finger Stretch

Equipment needed: Elastic band

Instructions: This exercise should be performed after completing the above staged strengthening exercises. Your arm and elbow position for this exercise should match the stage you are completing.

Repetitions: 10 reps, 1x day. Days per week 5 to 7.



## STEP 3

### Vitamin C And Tendon Repair

#### Vitamin C = Collagen = Healthy Tendons!

Vitamin C is key because our bodies can't synthesize or store it and it's essential for the production of new collagen. And that's critical because collagen protein is what tendons are made of (90% or more.) New collagen is necessary to repair and replace the damaged tendon tissues that are causing us pain when we have Tennis Elbow.

Given enough basic protein building blocks, (known as amino acids) and Vitamin C – our bodies can synthesize new collagen. Now, you might be tempted to think “I get all the Vitamin C I need from my diet”. But do you? How many fresh, raw, vital fruits and vegetables are you eating every day? How much Vitamin C does the human body need every day (keep in mind that it's a water-soluble vitamin that the body can neither store nor create)?

For most people, an extra 2000mg of Vitamin C per day can expedite the recovery of a wounded extensor tendon. In addition to helping with collagen production, Vitamin C can improve heart health, enhance brain function, and boost immunity.

Ascorbic Acid is the cheapest form of Vitamin C, but we recommend Calcium Ascorbate which is easier to digest and has a Ph of 7.0, the same as water. **NutraBiotic** is our brand of choice. Available on Amazon.

**Typically, tendinosis is a stretch or micro-tear of the tendon. Occasionally, the tendon actually tears away from the bone altogether. Yikes! Hope that's not YOU. If that's your diagnosis and a surgical procedure is required to reattach the tendon to the bone, additional Vitamin D from NutraBiotic can help tendon-to-bone healing.**

### Best Wishes From TENEX

Now that you know The Shocking Truth about Tennis Elbow, we sincerely hope this Plan puts you on a road to Recovery that is fully supported by your TENEX ULTRA Shock Absorber.