

Golfer's Elbow: Strengthening Program

A printable progressive strengthening program for golfer's elbow - grip, wrist and forearm exercises that load the tendon gradually and build back tolerance.

At a Glance

- Golfer's elbow is a tendon-loading problem - rest alone rarely fixes it
- Progress load gradually: pain during the exercise should be mild and settle quickly
- Do these exercises every other day at first, not daily

The Program

Weeks 1-2 (gentle loading):

- Grip squeezes with a soft ball: 3 sets of 10-15, twice a day
- Wrist curls with a light weight (palm up): 2 sets of 10-12
- Gentle golfer's elbow stretch after exercise

Weeks 3-5 (build tolerance):

- Wrist curls: 3 sets of 12-15, increasing weight slowly
- Reverse wrist curls (palm down): 2 sets of 10-12
- Finger extensions with a light band: 2 sets of 10
- Grip squeezes: 3 sets of 15

Weeks 6-8 (strengthen):

- Add slow, controlled wrist curls with a heavier weight - 3 sets of 8-10
- Wrist rotations (palm up and down) with a light weight: 2 sets of 10 each way
- Eccentric wrist curls: lower the weight slowly over 3-5 seconds, 3 sets of 8

Do This

- Warm up with light grip work before the main exercises
- Increase weight only when the current level feels easy and pain-free
- Keep pain during exercise at 3/10 or less, settling within a day

Avoid This

- Resting the arm completely for weeks - tendons need load to adapt
- Jumping straight to heavy gripping or lifting
- Pushing through sharp pain, especially at the inner elbow

When to See Someone

See a physiotherapist if pain is sharp, waking you at night, or not improving after 4-6 weeks of consistent loading. See golfer's elbow for more.

References

1. AAOS OrthoInfo. "Golfer's Elbow (Medial Epicondylitis)."
<https://orthoinfo.aaos.org/en/diseases--conditions/golfers-elbow/>
2. NICE Clinical Knowledge Summaries. "Elbow Pain - Golfer's Elbow." <https://cks.nice.org.uk/topics/elbow-pain/>

This information is for education only and is not a medical diagnosis. If pain is sharp, severe or getting worse, stop the exercises and get assessed.