



Personal exercise program

Golfers Elbow

New Forest Physiotherapy Southampton

40 Kingfisher Way, Marchwood, Southampton SO40 4XS

www.newforestphysio.co.uk, T: 023 8008 9120

Provided by

Chartered Physiotherapist Adam Smith-Connor

Provided for

Training start date 7/16/2025

REPEAT STRETCHING EXERCISES 3 OR 4 TIMES PER DAY

Wrist Flexor Stretch

Place the palms of your hands against each other.

Bend your wrists by pressing your hands downwards and hold the position for a moment. Then relax.

Hold for 20 seconds.



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Wrist Flexors Stretch

Stand. Hold one hand with the other hand so that palm is facing away from you.

Straighten the arm forward and, using the supporting hand, bend your fingers towards the floor. Hold the stretch while breathing smoothly. Then relax.

Hold for 20 seconds.



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Wrist Stretch

Stand tall in front of a table. Place the palms of your hands on the table, fingers pointing backwards and elbows straight.

Slowly shift your body backwards until you feel a stretch in your forearms.

Hold for 20 secs.



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REPEAT STRENGTHENING EXERCISES ONCE EVERY OTHER DAY. AS YOU GET STRONGER INCREASE TO EXERCISE ONCE EVERY DAY.

Place your forearm on a table with back of your hand facing down. Put a weight round your hand.

Slowly bend your wrist up as far as possible.

Repeat 10 times.



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Sit. Support your forearm on your thigh. Place an exercise band under your feet and hold the band with your palm up.

Bend your wrist up.

Repeat 10 times.

**CONSIDER WEARING A GOLFERS ELBOW BRACE IF YOUR ARE
GOING TO BE DOING ALOT OF HEAVY LIFING
- OFTEN SOLD AS TENNIS ELBOWE BRACE, IT DOES THE SAME JOB
JUST REVERSE THE BRACE TO SUPPORT THE INSIDE OF THE ELBOW**