



Medial Apophysitis (Little Leaguer's Elbow) Rehabilitation Exercises

You may do the stretching exercises right away. You may do the strengthening exercises when stretching is nearly painless.

Stretching exercises

- **Wrist active range of motion: Flexion and extension:** Bend your wrist forward and backward as far as you can. Do 3 sets of 10.
- **Wrist stretch:** With one hand, help to bend the opposite wrist down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Keep your elbow straight during this exercise. Do 3 sets on each hand.
- **Forearm pronation and supination:** With your elbow bent 90°, turn your palm upward and hold for 5 seconds. Slowly turn your palm downward and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90° throughout this exercise. Do 3 sets of 10.

Strengthening exercises

- **Wrist flexion:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- **Wrist extension:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- **Resisted shoulder external rotation:** Stand sideways next to a door. Rest the hand farthest away from the door across your stomach. With that hand grasp tubing that is connected to a doorknob at waist level. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Make sure you keep your elbow bent 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 3 sets of 10.



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- **Forearm pronation and supination strengthening:** Hold a soup can or hammer handle in your hand and bend your elbow 90°. Slowly rotate your hand with your palm upward and then palm down. Do 3 sets of 10.

- **Resisted elbow flexion and extension:** Hold a can of soup with your palm face up. Slowly bend your elbow so that your hand is approaching your shoulder. Then lower it slowly so your elbow is completely straight. Do 3 sets of 10. Slowly increase the weight you are using.

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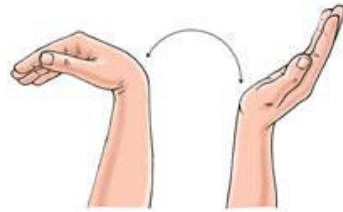
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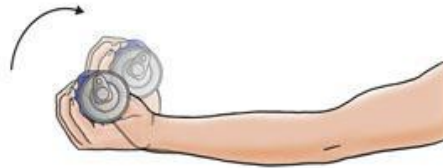
Wrist active range of motion: Flexion and extension



Wrist stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Resisted shoulder external rotation



Forearm pronation and supination strengthening



Resisted elbow flexion and extension