

Triceps Tendonitis Rehabilitation Exercises

You may do all of these exercises right away.

- **French stretch:** Stand with your fingers clasped together and your hands high above your head. Stretch by reaching down behind your head and trying to touch your upper back while keeping your hands clasped. Keep your elbows as close to your ears as possible. Hold this position for 15 to 20 seconds. Repeat 3 to 6 times.
- **Triceps towel stretch:** Stand with one arm over your head holding the end of a towel. Put your other arm behind your back and grab the towel. Stretch your top arm behind your head by pulling the towel down toward the floor with hand of your bottom arm. Keep the elbow of your top arm as close to your ear as possible. Hold for 15 to 20 seconds. Repeat 3 to 6 times.
- **Towel resistance exercise:** Stand with one arm over your head holding the end of a towel. Put your other arm behind your back and grab the towel. Lift the top hand toward the ceiling while creating resistance by pulling down on the towel with your other hand. Keep the elbow of your top arm as close to your ear as possible. Hold for 10 seconds. Repeat 10 times.
- **French press:** Sit grasping a small weight with both hands as if it were a baseball bat. Reach toward the ceiling. Bending your elbows, slowly lower the weight behind your head until the weight touches your upper back. Lift the weight up over your head and reach toward the ceiling again. Repeat 10 to 20 times.
- **Modified push-up:** Get onto your hands and knees, with your hands directly underneath your shoulders. Slowly lower yourself toward the floor, being careful to keep your spine straight. When you can do 2 sets of 15 easily, do this with your heels in the air. Gradually progress to doing this with your legs out straight.
- **Triceps kick back:** Lean forward with the hand of one arm resting on a table or chair for support. Hold a weight in the hand of your other arm. Keep the elbow of that arm against your side. Your arm should be bent at a 90-degree angle with your upper arm parallel to the floor. Move the forearm of your arm backward until it is straight. Repeat 10 to 20 times.



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French stretch



Triceps towel stretch



Towel resistance exercise



French press



Modified push-up



Triceps kick back