

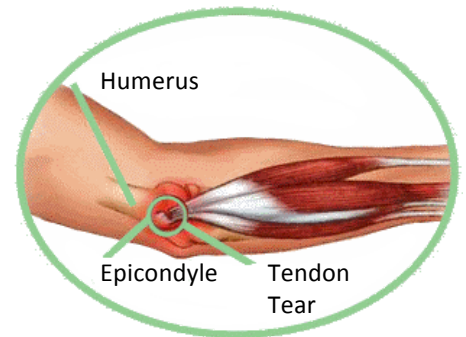
## Extensor Tendonitis Protocol

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Tendons are fibrous tissues that connect your muscles to your bones, and they are critical to movement. The extensor tendons originate at the elbow and insert on the back of the wrist. The extensor muscles and tendons are used for power gripping, lifting, and typing. Most patients typically do not stretch their extensor muscles, so these muscles become tight. Injury, excessive use, and muscle tightness can cause small tears at the origin, or insertion, of the muscle. Inflammation at the tear site can cause pain, stiffness, and, in some cases, immobility. It is important to treat these injuries as soon as possible to prevent them from becoming more serious problems.

### Wrist Splint

- A wrist splint should be worn to rest the painful area and help reduce inflammation of the tendon(s)
- Wearing the splint will help you see how frequently you use your tendons during the day
- You should also wear the splint at night while you are sleeping



### Extensor Stretching

While rest is important, stretching exercises help to keep the tendon flexible.

- Straighten the affected arm out in front of you with the elbow locked and the palm facing down
- Flex your wrist so the palm faces you and curl your fingers under
- With the other hand, apply steady, gentle pressure to the forearm
- You may also massage the forearm with a small painting roller

### Moist Heat

- Apply moist heat to the forearm muscle with a hot washcloth or a heating pad
- Repeat the extensor stretching while applying moist heat

### Ice

- Apply ice for 15 minutes each day
- Place ice directly on the inflamed area, either just below the elbow ridge or at the bases of your index and long fingers

### Extensor Strengthening

Once you achieve pain-free range of motion with the above stretching exercise, begin ECRL tendon strengthening exercises. Do the following exercises for 4 weeks.

- While in a seated position, place the affected forearm on the top of your thigh
- Make a fist with your thumb pointed toward the ceiling
- Raise your wrist toward the ceiling, lifting your hand off your leg. Do not lift your elbow off your leg
- To increase resistance, place your other hand on top of your thumb and lift your hand off your leg
- Do 4 sets of 10 repetitions
- You will need to be reevaluated before beginning ECRB tendon strengthening exercises