

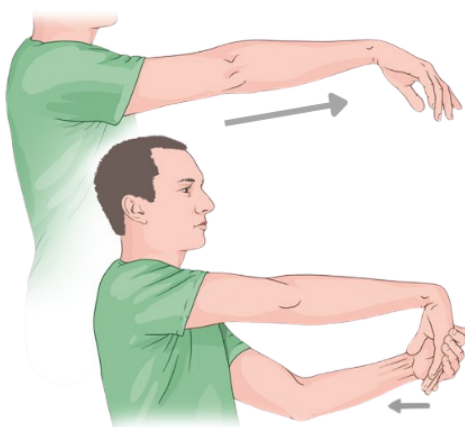
## ULTRA ACCESS

### The Tennis "Scaffolders Elbow" Exercise Guide

(*not officially backed*) guide for how to try and lessen the damage.

In the previous publication we spoke about **Lateral Epicondylitis** or **Tennis Elbow** and why its a potentially career ending injury for scaffolders (and others who use hand tools, or do repetitive tasks whilst at work).

Please find some handy exercises to do if you are starting to experience mild pain in your upper-forearms and specifically within your elbow joint, or you just wanted to be **proactive**.



#### ... extending the arm outwards keeping the elbow straight

This can be done anywhere, at any time, but we recommend that it is done before any actual "spanner work" is carried out.

#### ... once extended, face your hand downwards and **GENTLY** apply pressure with your other hand back towards the body

Try not to "overdo" the applied pressure - it should not be painful, if it is, you are overdoing it, especially if you are already showing advanced signs of damage and you cant fully straighten your arms - overdoing it could cause more damage.

**Maintain:** hold for **10 seconds at a time, resting for 5 seconds and repeating in reps of 10**. This is only to be considered a warm up exercise and should help your upper-forearm muscles loosen up, which will put less strain on your elbow tendons once you start the repetitive movements.

#### ... holding a bottle etc or even a small 6 inch Scaffolding Butt, or even your Spanner (if at work) - rest your upper arm flat on a surface, like a table and move your forearm - slowly lowering the item you are holding down towards the flat surface, until your arm is completely straight, and repeat

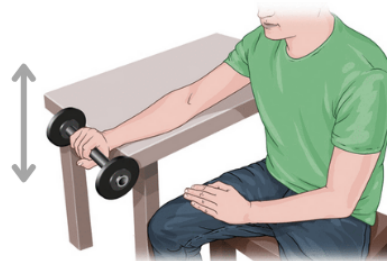
These types of exercises can be done in the canteen at break, or at home and will help to stretch / loosen up your elbow joints, with your hand mimicking the movement with something in your grip.

The same can be done with the bottom exercise...



#### ... resting your arm flat on a surface like a table, with your hand and wrist off the edge, hold an item in your grip and **GENTLY** move your wrist up and down, with as much motion as you wrist will allow, whilst keeping your entire arm flat to the surface

Again, this should help to loosen up your wrist joints, taking pressure away from your upper forearms when the "spanner work" starts, or as a warm down after work finishes.



**Maintain:** by repeating **10 at a time, resting for 10 seconds in between each rep of 10**.

ULTRA ACCESS  
Scaffold Technical Support

www.ultra-access.co.uk  
UADIP: #ultacc200325b