

# Realtennis Network

## TENNIS ELBOW SOLUTIONS

### MY METHOD

First of all, let me be clear about one thing and that is **I AM NOT A DOCTOR** but after visiting Dan, it made so much sense that I felt I could probably do this on my own. The next time I felt tennis elbow coming on, I used the stretches and techniques that Dan gave me and it worked great!

I even had a friend who was an electrician and tried it on him and he felt great the next day. Below is the method that I use when I feel tennis elbow coming on and I hope that if your elbow hurts you can try this too. If it doesn't, please see someone like Dan who can help you. Good Luck!

### STEP 1

## Stretch Out The Muscles In The Forearm



#### STRETCH 1

Point palm up & pull the fingertips down and toward your body and hold for at least 20 seconds. Pull until you feel it stretching. I slowly rotate left and right too.

#### STRETCH 2

With Palm down rotate hand left and right just like with the previous stretch. I try to feel the forearm muscles stretching as I do this.



## Stretching The Muscles



### **STRETCH 3**

I cup ( in this case) my left hand under my right with my 4 fingers curled around ( near the index finger) and touching my palm with my thumb curled around near my pinkie and twist clockwise holding for 20 seconds

### **STRETCH 4**

I then rotate my arm counter clockwise and then cup my left hand under my right and curl my thumb around the outer pad of the palm and twist counter clockwise and hold



## THE KEY - Getting The Muscle To Relax

The next steps are what loosen up the forearm muscles. I Start low on the forearm and work my way up with my fingers pointed down (and relaxed) and with my opposite thumb, I start feeling up and down the length of the muscle for tight spots (knots) and then start to work them out. **I GO AS HARD AS I CAN BEAR.**

I roll back and fourth (dig in a little) only to find the tight muscle and then work it hard in the direction of the muscle strands (up and down the arm) to get it to relax. **I GO HARD HERE.** I keep moving up the forearm toward the elbow looking for tight spots.

It is pretty easy to find the muscles that need to be worked over. It helps me to stretch again after I am done with the following procedures.

## STEP 2

# Relax The Muscle To Relieve The Pain



### POSITION THE ARM

I position my arm freely in the air or on a table like in the image. I make sure that my fingers are pointed down and relaxed so the muscle does not tighten up as I work on it.

### START LOW

I like to use my thumb (Like Dan in the video) and start low on the arm and work my way up toward the elbow. I stay in one area for a long time and keep trying to relax the tight muscle



TO SEE THE COMPLETE VIDEO OF DAN WORKING ON A CLIENT, [CLICK HERE](#)



### START WORKING UP THE ARM

After I have relaxed the muscle down low, I start to work my way up my arm. This is not a relaxation massage, so I do bear down here, but remember to “feel” around for the “hard” muscle and work that

## RELAXING THE MUSCLE

Continued

# Relaxing The Muscle



### FINISH HIGH

I remember in my visit with Dan, he never even got this far until the next visit. Still important to find the “hard” muscle and work in the direction of the strands (up and down)

### ALTERNATE METHOD

Sometimes it works to use two or three fingers rather than my thumb, but personally I get better leverage to dig down with my thumb



## STEP 3

# Stretch Again

This whole process has worked great for me, but it depends on the severity and the person. It may take longer for some than others, but give it a try. To find a professional in your area that uses Active Release Technique (A.R.T.), you can click the “Find a Provider” tab at the top of [www.activerelease.com](http://www.activerelease.com) or for Dan Zemper, go to [www.zempertherapy.com](http://www.zempertherapy.com). Good luck with your tennis elbow!

## WHAT YOU CAN DO NEXT



Send an email directly to me

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Tell me what you want to hear more about!