TENNIS ELBOW - CARPAL TUNNEL SYNDROME

PREPARATION:
- Do shoulders (1-10); Neck (1-6)
- Client sitting in chair. Therapist facing client on the left side.
- Left arm first unless injured

TREATMENT:
MOVE 1:
  a) Place palm of right hand on Client's left shoulder and allow the thumb to fall down over the deltoid.
  b) About 3" down from the shoulder the thumb is at point of the biceps brachii (rope-like muscle under middle of deltoid.) With the fingertips of left hand, push slack posterior across the long head of biceps brachii.
  c) Apply medium pressure to the posterior border of the muscle.
  d) Hold for 3 seconds, increase and maintain pressure by moving anteriorly and straightening the fingertips at the same time.
  e) Muscle will "roll" under fingertips.

MOVE 2:
  a) With right thumb, locate groove between extensor digitorum and extensor carpi radialis.
  b) Pull slack laterally over the extensor digitorum.
  c) With the tip of thumb, apply light pressure to the border of the muscle, move medially over the muscle.
  d) Client's middle finger will move automatically.

MOVE 3:
  a) With finger tips of right hand, locate long head triceps brachii.
  b) Push slack medially, apply medium pressure to border of muscle, move laterally over muscle.

MOVE 4:
  a) Hold client's wrist (palm down) with both hands.
  b) With therapist left thumb, push slack lateral and move medial across the extensor retinaculum (toward thumb)

"OPEN WRISTS":
  I. Place Left thumb at Point "A", right thumb at point "B", Left index finger at "D", right index finger at "C".
  II. Make a figure "8" at wrist holding points "A", "B", "C", "D" in a flexed position while making the "figure 8"
  III. With wrist flexed give a gentle pull toward your center and flexing your wrists.

MOVE 5,6,7:
  Moves are double moves. Each move is from medial to lateral.
  a) Locate middle of anterior forearm, With fingertips of right hand push slack medially.
  b) Apply medium pressure with fingertips, move laterally.
  c) With fingertips of left hand push slack medially, apply medium pressure, move laterally.
  d) Repeat mid forearm and again at wrist.

CLOSE Up The ARM
TENNIS ELBOW—CARPAL TUNNEL

Work arm with strongest Grip First

1. Thumbs in dimples at wrist
   Figure 8 with Wrist—slight pull toward

2. Double moves down forearm with medium pressure

3. Close up wrist from hand up

Test GRIP

Move medial across wrist

Figure 8 with wrist flexed

Open forearm

Close by pressing