ARCFORM

# Elbow plan

Build your forearm and your shoulder, and stay on court.

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| **Goal** | Load the sore tendon through your wrist extensors, and strengthen your rotator cuff and shoulder blade muscles so they hold your arm steady. |
| **How often** | Three times a week, with a day off in between. |
| **Equipment** | Band, door anchor, worktop or sturdy table, bench or chair |
| **Warm-up** | 1 minute of arm circles, then 15 wrist lifts and 15 forearm turns each way, no band. |

## The session

### 1 Wrist holds

**5 × 30 s**
30 s rest

Sit, forearm on your thigh, palm down, band under your foot. Hold your wrist level against it.

### 2 Wrist lowers

**3 × 10**
4 seconds down

Same set-up. Lift with your good hand, then lower slowly with the sore one.

### 3 Shoulder rotations

**3 × 12**
each arm, 3 s back

Band at elbow height, door on your other side. Elbow at your ribs, turn your hand out.

### 4 Face pulls

**3 × 12**
2-second pause

Band at face height. Pull to your forehead, elbows high, thumbs pointing behind you.

### 5 Push-away push-ups

**3 × 8**
hands on a worktop

At the top, push the worktop away until your shoulder blades spread. Fists if your wrist is sore.

### 6 Banded backhands

**3 × 10**
racket arm

Band at hip height, door on your non-racket side. Wrist firm, 2 seconds through, 3 back.

## Too hard or too easy?

- Wrist holds. Too hard: more slack in the band. Too easy: 45 s holds, then a shorter band.
- Wrist lowers. Too hard: more slack in the band. Too easy: 3 × 15, then lift with the sore hand too.
- Shoulder rotations. Too hard: stand nearer the door. Too easy: 3 × 15, then a step further away.
- Face pulls. Too hard: stand nearer the door. Too easy: 3 × 15, then 3 seconds back to the start.
- Push-away push-ups. Too hard: skip the bend, just the push-away. Too easy: 3 × 12, then 3 seconds down.
- Banded backhands. Too hard: stand nearer the door. Too easy: 3 × 12, then a step further away.
- Step up when every set is clean two sessions running. Step down if your elbow is worse the next morning.