

## Fitness Forum: Stretch alleviates 'Little Leaguer's elbow'

by CNS

A simple stretch for an aching elbow.

**WORKING ON THE ELBOW** - To relieve 'Little Leaguer's elbow,' firefighter Shannon Mueller stretches the muscles of the forearm by isolating and straightening the elbow and rotating the hand. CNS Photo by Nadia Borowski Scott. **THE MOVES:** The technical term is medial epicondylitis, but it is commonly known as "Little Leaguer's elbow." The symptoms are pain and tenderness on the inside of the elbow. The pain is usually just to the inside (toward the body) of the "funny bone."

**WORKS ON:** This stretch isolates the muscles of the forearm that flex the wrist and produce our gripping force.

**SETUP:** Stand facing any flat surface that is sturdy and about hip height (countertops or tables are good examples). Straighten the elbow and rotate your hand fully to the outside until the fingers are pointing back toward your body. Place your hand, palm down, on the surface.

**STEPS:** Keeping the palm flat on the surface and lean back slowly so the elbow moves directly over and closer to the fingers.

**REPETITIONS:** Hold each stretch 30 seconds and repeat five times per side.

**PRECAUTIONS:** Only put enough down pressure on the hand to hold the palm flat against the surface.

OPTIONS: Experiment with different hand and arm rotation positions to optimize the stretch where you need it the most.

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