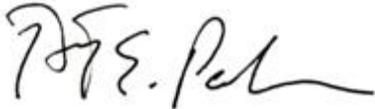


## Reverse Tyler Twist for Golfer's Elbow (Medial Epicondylitis)

I'm glad that you found my YouTube video on the Reverse Tyler Twist rehab exercise. I have seen this exercise help many of my patients suffering with elbow pain get back to living and playing again pain-free. It is my sincere hope that you will experience similar results.

In positive motion,



Brant Pedersen, DC, CCSP

*Note: Do not self-diagnose or self-treat any health condition. Do not use this content to avoid going to a licensed healthcare professional or to replace the advice they give you. Always check with your doctor prior to starting any new exercise.*

### **Step-by-Step Instructions**

1. Start with your affected elbow at your side, bent to 90 degrees, and your wrist fully bent inwards. This is the Start Position.
2. Use your other arm to generate tension in the Flexbar while keeping your affected wrist fully bent inwards.
3. Fully extend both elbows.
4. SLOWLY release the tension of the Flexbar (over 2-3 seconds) by extending your affected wrist.
5. Repeat by starting back at Step #1. **3 sets of 12 repetitions**

### **Notes:**

- It is important to not release tension in the Flexbar inadvertently by moving your unaffected wrist. Release the Flexbar tension only by SLOWLY extending the wrist on the affected side (Step #4).
- Doing this exercise properly and restarting each time from the Start Position is critical to its effectiveness and the results you may obtain.
- Once you can complete 3 sets of 12 repetitions SLOWLY without any jerky movements progress from Red to Green and finally the Blue Flexbar. You can get the Flexbars I use here:
  - Red Flexbar: <https://amzn.to/3iB8uvz>
  - Green Flexbar: <https://amzn.to/2KDDVsn>
  - Blue Flexbar: <https://amzn.to/367heo9>