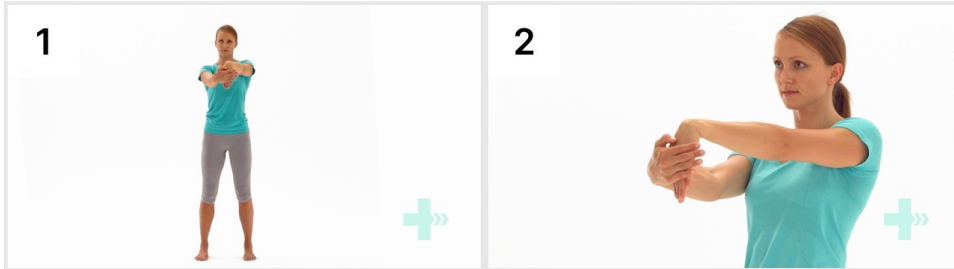


Lateral Epicondylitis "Tennis Elbow" Exercises

1. Wrist extensors stretch, palm down, standing

3 Sets • 1 Rep • 30 s hold

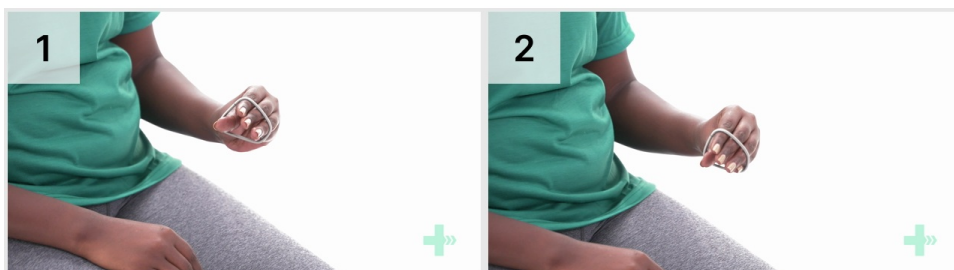


Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.

With your other hand, apply a gentle pressure to the back of your wrist and hold. You should feel this stretch down the back of your forearm.

2. Finger extension strengthening, with band

3 Sets • 10 Reps



Sit in a chair and place a rubber band around your thumb and fingers, with your fingertips close together.

Straighten your fingers and thumb against the band's resistance.

In a controlled manner, return to the starting position and repeat.

3. "Biceps curl" Elbow flexion strengthening, with dumbbells (alternate), standing

3 Sets • 10 Reps • 2lbs weight



Stand up straight with a weight in each hand.

Bend one elbow and bring your hand up to your shoulder.

Lower it back down.

Then bend the other elbow and bring the hand up to your shoulder.

Continue to alternate one arm then the other.