

## Exercise Program for Tennis Elbow



*Your healthcare provider may recommend exercises to help treat your tennis elbow.*

*Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.*

*Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.*

### Wrist Extension Stretch

1. Straighten your affected arm and bend your wrist back as if signaling someone to "stop."
2. Use your other hand to gently pull back on your affected hand until you feel a stretch in your forearm.
3. Hold for 15 to 30 seconds, then relax.
4. Repeat 3 times.

Tips:

- Do not bend your fingertips backward during the stretch.
- Do not lock your elbows.



## Wrist Flexion Stretch

1. Straighten your affected arm and bend your wrist down so your fingers are pointing towards the floor.
2. Use your other hand to gently pull your affected hand toward your body until you feel a stretch in your forearm.
3. Hold for 15 to 30 seconds, then relax.
4. Repeat 3 times.

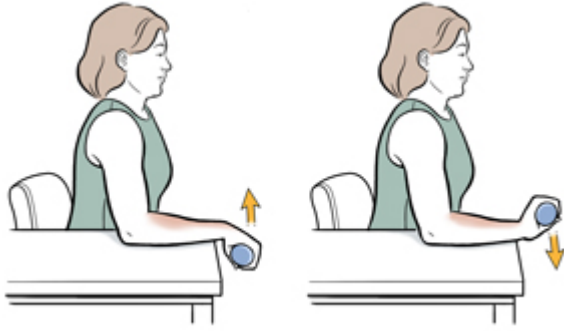
Tip:

- Do not lock your elbows.



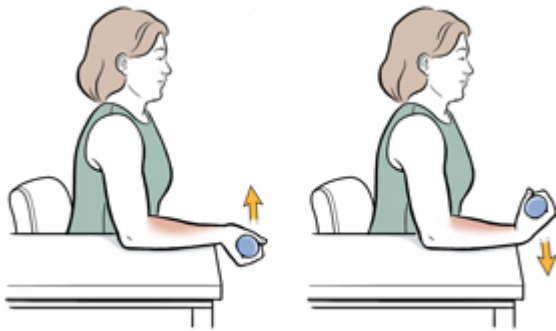
## Wrist Extension (Strength)

1. Place your forearm on a table with your hand hanging over the edge, palm down.
2. Place a 1 to 2 pound weight in your hand. This could be a dumbbell, can of food, or full water bottle.
3. Keeping your forearm on the table, bend your wrist upward. Lift the weight as high as you can. Then slowly lower the weight back down.
4. Repeat 8 to 10 times, then switch arms.



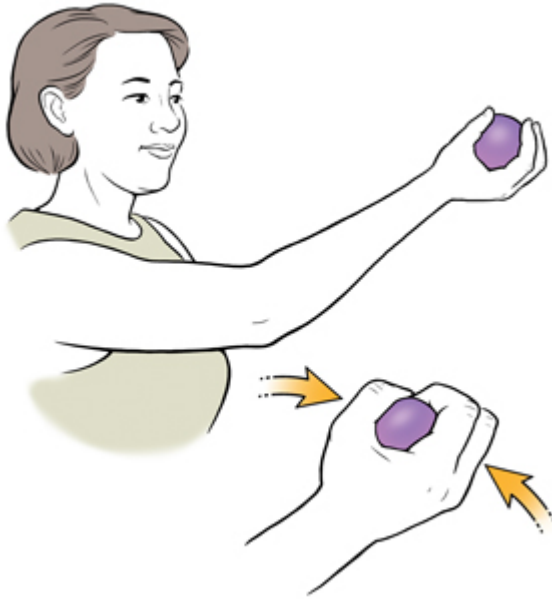
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### Ball Squeeze

1. Hold a rubber ball in your affected hand.
2. Keep your arm slightly bent with your palm toward the ceiling. Lift your hand higher than your heart. Squeeze and relax the ball.
3. Repeat 10 times.



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