

Exercises For Tennis Elbow

PATIENT NAME _____

DATE _____

Exercise 1 — Tyler Twist



Description: Grasp FlexBar on bottom with affected arm and extend wrist. Grasp FlexBar on top with opposite hand, palm facing away from you. Twist bar with top hand as you hold steady with bottom hand. Extend both elbows in front. Slowly control the release of the bar with affected arm.

#SETS _____ #REPS _____



Exercise 2 — Finger Extension W/ TheraBand® CLX®



Description: Loop CLX around outside of all five fingers. Slowly extend fingers and open hand. Slowly return to starting position.

#SETS _____ #REPS _____

Exercise 4 — TheraBand® CLX® Scaption



Description: Loop CLX around hand and around foot on same side of body. Raise arm overhead. Slowly return to starting position.

#SETS _____
#REPS _____



Exercise 3 — TheraBand® FlexBar® Supination



Description: Grasp end of FlexBar with palm facing down. Rotate wrist upwards towards ceiling. Slowly return to starting position.

#SETS _____ #REPS _____

Exercise 5 — TheraBand® CLX® External Rotation



Description: Loop CLX around hand. Keeping elbow at side, rotate arm outwards to slightly beyond a neutral position. Slowly return to starting position.

#SETS _____ #REPS _____