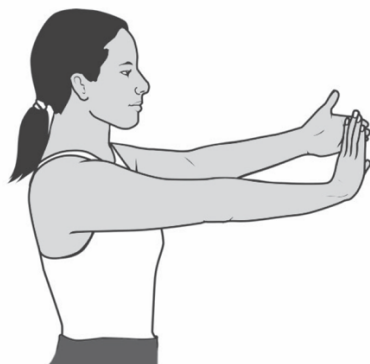


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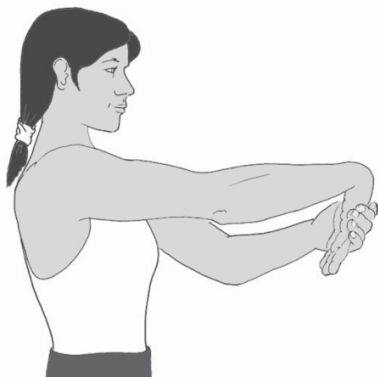
Tennis or Golfers Elbow (Lateral/Medial Epicondylitis) Home Exercise Program

1. Wrist Extension Stretch



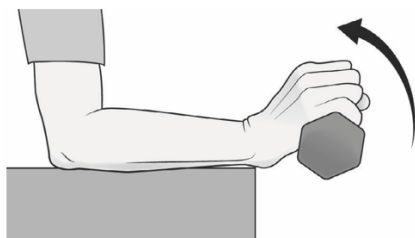
- Straighten arm and bend your wrist
- Use opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold for 15 seconds
- Repeat 5 times
- Perform 3-5x a day for 5 reps. 5-7 times weekly

2. Wrist Flexion Stretch



- Straighten arm and bend your wrist for your fingers point down.
- Use opposite hand to pull your hand toward your body until you feel a stretch on the outside of your forearm.
- Hold for 15 seconds
- Repeat 5 times
- Perform 3-5x a day for 5 reps. 5-7 times weekly

3. Wrist Extension Strengthening



Stage 1 using 1lb. weight

- Bend your elbow to 90 deg and support your forearm on a table with your wrist at the edge
- With palm down, bend wrist up as far as possible, hold for 1 count and then slowly lower for 3 counts
- Begin without a weight or only 1lb and advance to get 30 reps
- Perform 30x a day, 5-7 times weekly

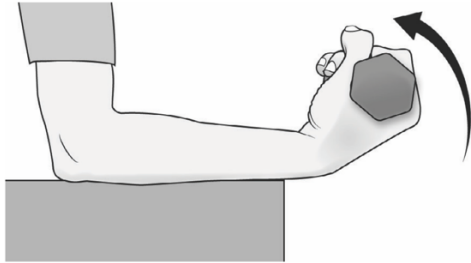
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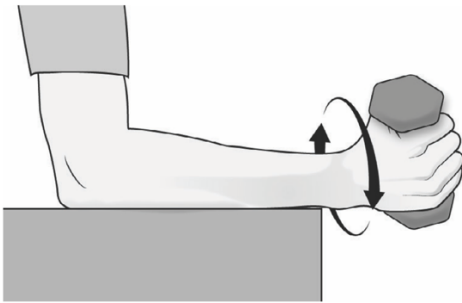
4. Wrist Flexion Strengthening



Stage 1 using 1lb. weight

- Bend your elbow to 90 deg and support your forearm on a table with your wrist at the edge
- With palm up, bend wrist up as far as possible, hold for 1 count and then slowly lower for 3 counts
- Begin without a weight or only 1lb and advance to get 30 reps
- Perform 30x a day, 5-7 times weekly

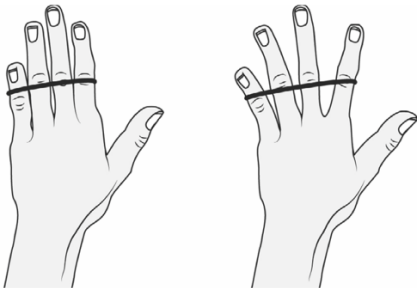
5. Forearm Supination & Pronation Strengthening



Stage 1 using 1lb. weight

- Bend your elbow to 90 deg and support your forearm on a table with your wrist at the edge
- With facing side, slowly turn the palm to facing up and then turn to slowly facing down.
- Return to starting position. This is 1 rep.
- Begin without a weight or only 1lb and advance to get 30 reps
- Perform 30x a day, 5-7 times weekly

6. Finger Stretch



- Place elastic band on fingers
- Open and close fingers for 10 reps, 1 time daily
- Perform 5-7 times weekly

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