

Tennis Elbow Exercises



Wrist Flexor Stretch

1. Straighten elbow completely.
2. With palm facing up, grasp the middle of hand and thumb.
3. Pull wrist down until mild stretch is felt.
4. Hold for 30 seconds.
5. Release and repeat 3 times.
6. Perform exercises two times each day.



Wrist Extensor Stretch

1. Straighten elbow completely.
2. With palm facing down, grasp the back of the hand.
3. Pull wrist down until mild stretch is felt.
4. Hold for 30 seconds.
5. Release and repeat 3 times.
6. Perform exercises two times each day.



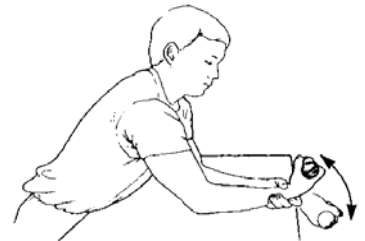
Wrist Extension with Weights

1. The forearm should be supported on a table with hand off edge and palm should face downward.
2. Using a weight, lower the hand as far as possible then curl wrist up as high as possible.
3. Repeat 30 times.
4. Perform exercise one time each day.



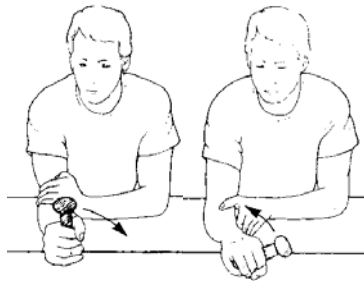
Wrist Flexion with Weights

1. The forearm should be supported on a table with hand off edge and palm should face upward.
2. Using a weight, lower the hand as far as possible then curl wrist up as high as possible.
3. Repeat 30 times.
4. Perform exercise one time each day.



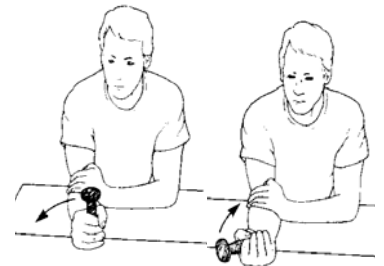
Wrist Pronation with Weights

1. The forearm should be supported on a table with wrist in neutral position.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into pronation as far as possible
3. Hold for 2 seconds.
4. Raise back to starting position and repeat.



Wrist Supination with Weights

1. The forearm should be supported on a table with wrist in neutral position.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into full supination as far as possible
3. Hold for 2 seconds.
4. Raise back to starting position and repeat.



Radial / Ulnar Deviation with Weights

1. The forearm should be supported on a table with wrist in neutral position and hand off of table.
2. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into ulnar deviation as far as possible.
3. Then bring into radial deviation as far as possible.
4. Raise back to starting position and repeat.



These exercises are to be performed _____ times per week / day. Begin with 3 sets of 10 repetitions and progress to 5 sets of 10 repetitions. Progress your weight as tolerated (i.e.-5 sets of 10 repetitions completed easily with specific weight, you will increase by 1# and decrease you exercise to 3 sets of 10 repetitions). You will progress to 5 sets of 10 repetitions again and repeat the same process until you can perform 5 sets of 10 repetitions with 5#. You do NOT want to exceed 5# on these exercises at any time. After performing your exercises, ice your wrist for 15-20 minutes.