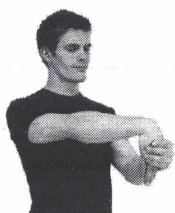


Tennis Elbow

Created by Daniel Anderson Aug 10th, 2017

View at "www.my-exercise-code.com" using code: 72KXTCS

1



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

5

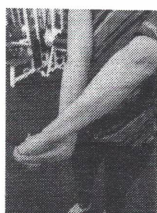


Dumbbell Wrist Isometric

Rest hand over edge of bed or table whilst sitting.

Hold a light dumbbell without moving your wrist to activate the forearm muscles.

2



Crossover ECRB

Wrist Extensor Stretch:

Cross your forearms, with the sore elbow/forearm under, and the other arm over. Face your palms toward each other, and clasp your hands. Pull back with your top good hand, to flex/stretch the bottom sore forearm.

6



Rows with Theraband

Standing with feet hip width apart, stomach drawn in and glute muscles tight. Start with arms extended in front of you. Pull shoulder blades down and back and then pull elbows in towards body. Slowly return to starting position.

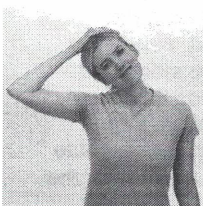
3



Lateral Epicondylitis Massage

Massage area experiencing soreness and pain in a side to side motion at a mild to moderate pressure.

7



UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of hand.

4

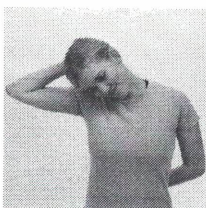


Eccentric Wrist Extension

Rest your forearm on a table or your knee. Make sure that you are only moving your wrist for this exercise.

Lift the weight up as far as possible using your UNINVOLVED hand. Let go so that your involved hand takes over the work. Slowly lower the weight back down. Repeat.

8



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

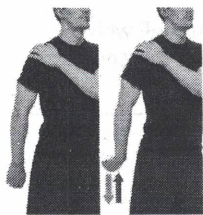
You should be looking towards your opposite pocket of the affected side.

Tennis Elbow

Created by Daniel Anderson Aug 10th, 2017

View at "www.my-exercise-code.com" using code: 72KXTCS

9

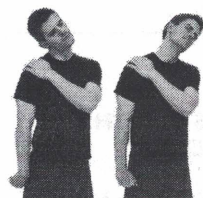


RADIAL NERVE GLIDE - A

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist forward and back.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

10



RADIAL NERVE GLIDE - B

Start with your arm hanging down at your side with your elbows straight and palm facing back. Next, bend your wrist back as you side bend your head towards the target arm as shown. Next, bend your wrist forward as you side bend your head away from the target arm.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.