



Tennis Elbow Exercises



Notes:

Wrist Extensors - Wall

Standing tall, arm straight out in front with palm against wall, fingers pointing to floor. Keeping elbow straight, bend wrist down as far as comfortable, may be achieved by bending knees slightly to lower the body. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	



Notes:

Wrist Extensors - Elbow Extended

Sitting tall with arm straight out in front, elbow straight, palm down, with fingers pointed down to floor. Grasp palm with opposite hand, gently bend wrist down as far as comfortable. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	



Reverse Curls / Wrist

Seated in readiness position, bent over slightly, with forearm resting on knee. Let hand hang over knee, palm facing down and hold weight loosely in the hand. Raise weight up away from knee by extending the wrist. Repeat.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

Notes:



Wrist Supination

Hold tubing in hands, with palms inward, and thumbs touching. Roll wrists away from each other until palms facing up and baby finger are touching. Try to keep elbows still during the exercise. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain. LOT OF ELBOW MVMT

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Wrist Reverse Curls

Sitting, stepping on tubing. Hold tubing with palm facing down, forearm resting on thigh, with palm down. Bend wrist back to pull tubing straight up. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Wrist Twist

Seated in readiness position, bent over slightly with forearm resting on knee and palm facing up. Rotate wrist in toward body then in the opposite direction. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

Notes: