

Tennis Elbow Exercises

Created by Vincent Rosati Jul 27th, 2017

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

Total 5



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.

Repeat 3 Times
Hold 20 Seconds
Perform 1 Time(s) a Day



WRIST EXTENSION ISOMETRIC

Bend your wrist back and resist into your other hand.

Repeat 8 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



WRIST EXTENSION CURLS - THIGH

Rest your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Repeat 8 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



RESISTANCE BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face down.

Repeat 8 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



Eccentric Wrist Extension

With the forearm supported, extend the wrist of the affected elbow. Place your good hand on top of the other. Push your wrist down with the good hand as you resist the movement with the affected wrist. Do not resist as you bring the wrist back up.

Repeat 8 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day