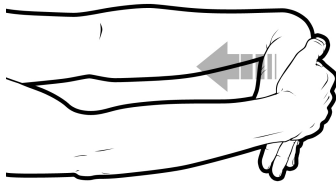


# TENNIS ELBOW EXERCISES

## WRIST EXTENSORS STRETCH



Grasp your hand, straighten your elbow and flex your wrist as far as you can. Use your other hand to push your wrist further into flexion until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

## REVERSE PRAYER STRETCH



Place the back of your hands together. Slowly lower your elbows, while keeping your hands firmly pressed together, until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 1 x day

## ISOMETRIC WRIST EXTENSION

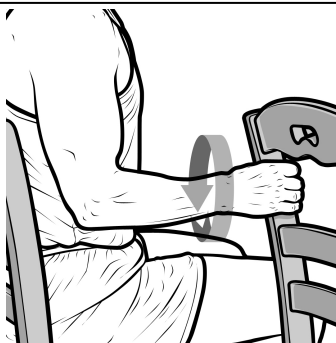


Sitting at a table with elbow bent to 90° and palm facing the floor underneath a table, push back of hand upwards into table and hold for 45 seconds. Ensure contraction is comfortable. Relax and repeat. If no table is available can use other hand as counterforce.

SETS & REPS: 5 reps

FREQUENCY: 1 x day

## ISOMETRIC PRONATION

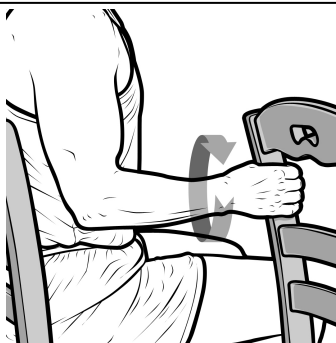


Sitting on a chair with your elbow bent to 90° and gripping the vertical bar of a second chair in front of you. Try to turn your palm downwards by pushing into the chair and hold for 3-5 secs. Relax and repeat.

SETS & REPS: 8-10 reps

FREQUENCY: 1 x day

## ISOMETRIC SUPINATION

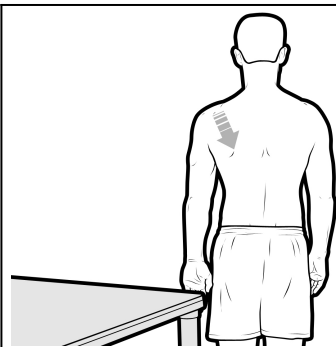


Sitting on a chair with your elbow bent to 90° and gripping the vertical bar of a second chair in front of you. Try to turn your palm upwards by pushing into the chair and hold for 3-5 secs. Relax and repeat.

SETS & REPS: 8-10 reps

FREQUENCY: 1 x day

# TENNIS ELBOW EXERCISES



## LOW ROW

Place your hand on the edge of a table with your arm by your side (or very slightly extended). Push your arm straight back while pulling your shoulder blade 'down and in'. Hold for 10 seconds. Relax then repeat.

SETS & REPS: 10 reps

FREQUENCY: 1 x day