

TENNIS ELBOW HOME EXERCISE PROGRAM

Wrist Extension Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin standing or sitting upright in a chair.

Movement

Lift your arm straight out in front of you with your palm facing down. Use your other hand to bend your hand upward, gently pulling it toward your arm, and hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure to press the inside of your hand and not your fingers. Do not apply too much pressure during the exercise.

Wrist Flexion Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin standing or sitting upright in a chair.

Movement

Lift your arm straight out in front of you with your palm facing down. Use your other hand to bend your hand downward, gently pulling it toward your arm, and hold this position. You should feel a stretch on the top of your forearm.

Tip

Make sure to press the outside of your hand and not your fingers. Do not apply too much pressure during the exercise.

Seated Wrist Flexion with Dumbbell

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

Seated Wrist Extension with Dumbbell

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

Seated Towel Roll Squeeze

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

Movement

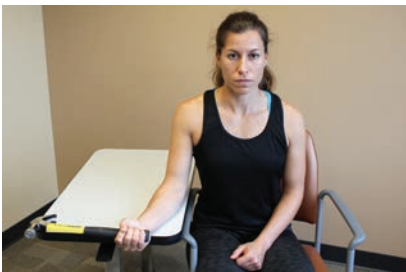
Gently squeeze the towel with your hand.

Tip

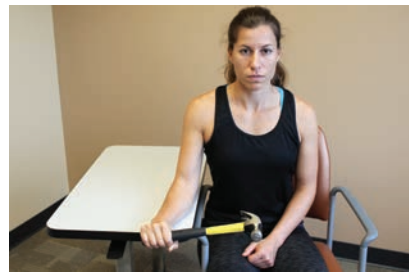
Make sure to keep your forearm and wrist still.

Forearm Pronation and Supination with Hammer

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting with your forearm resting on a table, holding a hammer.

Movement

Slowly rotate your forearm back and forth.

Tip

Make sure to keep your wrist straight throughout the movement.

Seated Finger Extension and Thumb Abduction with Resistance

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.