**Tennis Elbow Home Exercise Program**

### Wrist Extension Stretch

<table>
<thead>
<tr>
<th>Reps: 5</th>
<th>Sets: 1</th>
<th>Hold (sec): 15</th>
<th>Weekly: 5x</th>
<th>Daily: 2x</th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th>Reps: 5</th>
<th>Sets: 1</th>
<th>Hold (sec): 15</th>
<th>Weekly: 5x</th>
<th>Daily: 2x</th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th>Reps: 10</th>
<th>Sets: 3</th>
<th>Hold (sec): 5</th>
<th>Weekly: 5x</th>
<th>Daily: 2x</th>
</tr>
</thead>
</table>

**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

**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.

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Seated Towel Roll Squeeze

**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.

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Forearm Pronation and Supination with Hammer

**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.

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Seated Finger Extension and Thumb Abduction with Resistance

**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.