

Tennis Elbow Stretching:

1A) Wrist Extensor Stretch > 10 Seconds. Each wrist x 3 Sets ([Image W1:1A](#))

Begin by fully straighten your arm. Leave your hand hanging by relaxing your wrist. Using your other hand, gently push against the back of your hand so it bends towards you. Feel a stretch along the top of your arm. Relax.

1B) Wrist Flexor Stretch, Bent Elbow > 10 Seconds. Each wrist x 3 Sets ([Image W1:1B](#))

Begin by bending your elbow of involved arm. Grasp your fingers of involved hand with other hand. Pull back hand gently, as shown. Hold for 10 seconds, then relax.

2A) Wrist Rotations > 10 x's Each Wrist x 3 Sets ([Image W1:2A](#))

Begin by holding a 3-5lb. dumbbell weight or a can of some sort in your hand with your thumb pointing up. Turn your wrist inward as far as possible and hold for 2 seconds. Then turn your wrist outward as far as possible. Hold this position for 2 seconds. Repeat 10 times, then relax and switch wrists.

2B) Dumbbell One Arm Wrist Curl > 10 x's Each Wrist x 3 Sets ([Image W1:2B](#))

Begin by holding a 3-5lb. dumbbell weight or a can of some sort. Rest your forearm on a table or a flat surface with your palm facing up and hang your wrist and hand off the edge. Begin by moving only your wrist and gently raising the weight. Hold this position for 5 seconds. Gently lower the weight. Repeat 10 times, then relax and switch wrists.

2C) Sock Squeeze Stretch >30 seconds x 3 Sets ([Image W1:2C](#))

Begin by holding a rolled-up sock or tennis ball. Make a fist around the sock or tennis ball and squeeze. Hold the squeeze for 5 seconds. Relax. Repeat 10 times, then relax and switch wrists.

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:2C			