

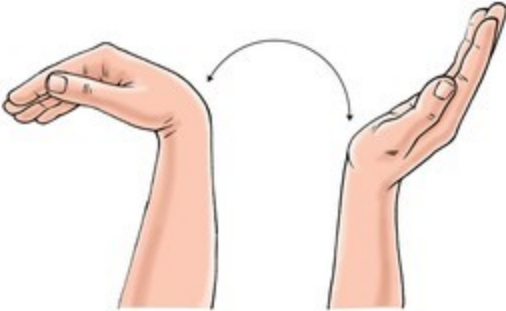
Tennis Elbow (Lateral Epicondylitis) Rehabilitation Exercises



Mid-trap exercise



Wrist stretch



Wrist range of motion: Flexion and extension



Forearm pronation and supination



Active elbow flexion and extension