

Exercise plan:
Tennis elbow easy website

Patient:
- -

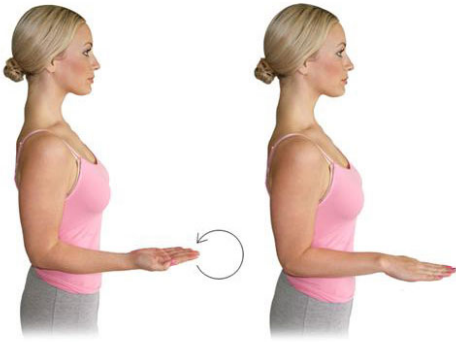
Date:
24th Apr 2020

Elbow Flexion Pronation

Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/1vNGtyv0xbo>



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Elbow Extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/p9NWdru3m0o>



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Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/HiyVS_7hrG8



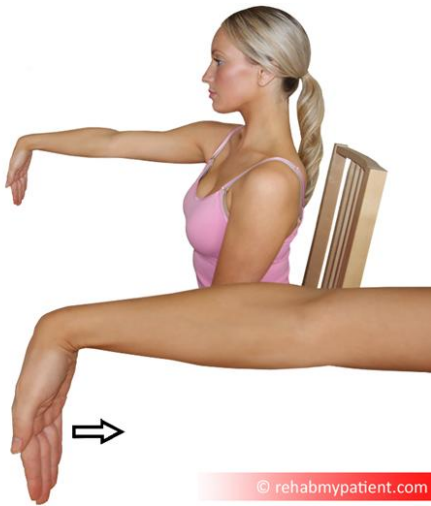
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Wrist Flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/ZwWbkgXE31k>

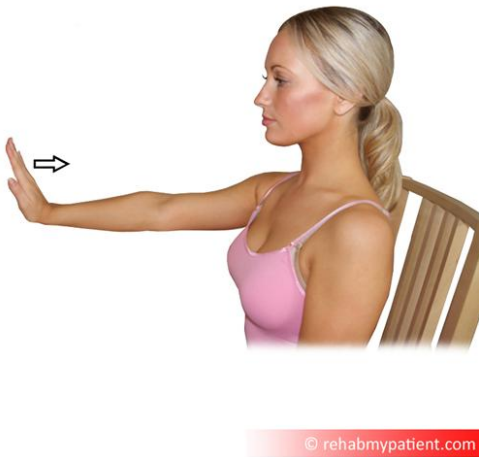


Wrist Extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/mdrFgA30AwE>



Wrist Extension Isometric

Resist extending your wrist. You can do this by placing your hand in front of you, horizontally. Place your other hand on top of your wrist and resist the movement of your hand upwards. Your wrist should not move. This is a strengthening exercise for the wrist, forearm and elbow.

Hold for 3 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/eN11ojJIVZE>

