

Exercise plan:  
Tennis elbow moderate website

Patient:  
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Date:  
24th Apr 2020



### Elbow Flexion Bicep Curl DB

Bend your elbow while holding a dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/huGPK1j9WRA>



### Wrist Extension Dumbbell

Rest your arm on a table with your palm facing down. Hold a dumbbell and extend your wrist. This is a strengthening exercise for the wrist, forearm, and elbow.

**Repeat 10 times | Perform 3 times daily**

Video: [http://youtu.be/y1SmRfd\\_1Po](http://youtu.be/y1SmRfd_1Po)



### Eccentric Wrist Extension

Rest your arm on a table with your palm facing down, and hold a 1-2kg dumbbell. Lift your hand upwards using your other hand, and then with a controlled movement let the weight pull your hand back down. At the bottom, repeat by lifting your own hand upwards again, and then letting the weight pull your hand back down. Eccentric exercises are a very effective way to rehabilitate the wrist, forearm and elbow, and this can be especially useful for tennis elbow.

**Repeat 10 times | Perform 3 times daily**

Video: [http://youtu.be/D5QaYLd\\_JA0](http://youtu.be/D5QaYLd_JA0)