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Tennis Elbow Stretch and Exercise

Stretching

1. Focus on the gentle stretching exercises. You should work on increasing the range of motion during wrist flexion, wrist extension and wrist rotation.
2. Make certain that the elbow is extended and the arm is straight. Keeping the arm straight increase the range of the stretch.
3. Hold each stretch for 20 - 30 seconds
4. Focus on feeling the muscles gradually relax into the stretch.
5. Repeat at least twice a day.
6. Stretch only to the point of comfortable motion.
7. **REMEMBER** you want to help the area, NOT re-injure it.

Forearm Flexors



Forearm Extensors



Strengthening

Perform the following exercises with the wrist supported and the elbow bent.

Wrist Flexion



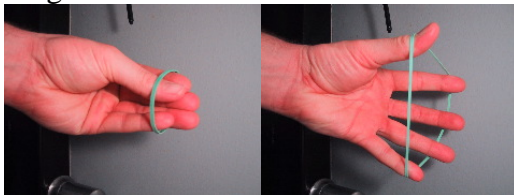
Wrist Extension



Forearm Pronation / Supination



Finger Extension with Rubber band



Gradually increase the amount of work that you are doing. Make sure to begin with a very light weight. Ideally, you should begin with a 1 pound dumbbell. Begin with perform 10 movements in a row. Repeat this sequence 3 times. This is called doing 3 sets of 10 repetitions. With time, this movement will become easier, then you can increase the number of repetitions to 15. Increase the weight when you can easily do 15 repetitions for 3 sets. Remember, you want to work the muscles and ligaments only as long as the movement is comfortable.