



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time  
Complete 3 Sets

Hold 15 Seconds  
Perform 1 Time a Day

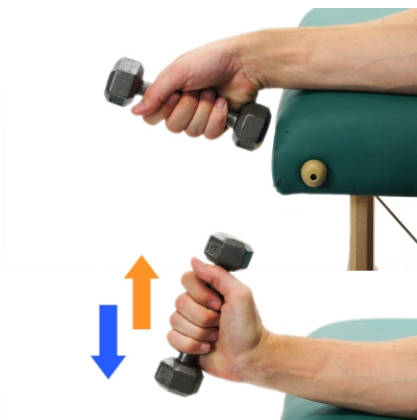


WRIST EXTENSION CURLS - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell, place your forearm on your thigh and bend your wrist up and down with your palm face down as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



FREE WEIGHT RADIAL DEVIATION - TABLE

Hold a small free weight / dumbbell, rest your forearm on a table and bend your wrist up and down with your palm facing towards the side as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### FREE WEIGHT PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small free weight / dumbbell, slowly lower the weight towards the outside of your body and then return as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### FREE WEIGHT SUPINATION

Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the inside of your body and then return as shown.

Repeat 3 Times  
Complete 15 Sets

Hold 1 Second  
Perform 1 Time a Day



### SELF MASSAGE BALL - CROSS FRICTION EXTENSOR TENDON

Sit in chair and place your arm on a table with palm directed upwards.

Place a lacrosse ball or tennis/racquetball on your arm at the outer elbow.

Roll the ball side-to-side for a gentle massage.

Duration 30 Seconds  
Complete 1 Set

Perform 1 Time a Day



## ICE MASSAGE TO LATERAL EPICONDYLE - COMMON WRIST EXTENSOR TENDON - TENNIS ELBOW

Place direct ice from an ice massage cup to the lateral epicondyle of the elbow as shown (the wrist extensor tendon area). Move the ice in a circular motion for up to 5-10 minutes. Use towels to catch the water drippings. This is commonly the area of inflammation as describe with a Tennis Elbow injury.

You should feel 4 stages of sensations starting with...

1. Uncomfortable sensation of cold, then
2. Stinging, then
3. Burning or aching feeling, then
4. Numbness

If the pain is too great to handle, lift it off your skin for a few seconds, dab with towel and then place it back on for a few circular motions and repeat.

Duration 10 Minutes

Complete 1 Set

Perform 1 Time a Day