

# Tennis Elbow

## Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



### 1. Wrist flexion stretch

- Start with your arm stretched out in front of you with your palm facing down.
- Allow your wrist to flex so that your fingers point towards to floor.
- Use your opposite hand to stretch further into this position and hold for 20 seconds.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Wrist extension

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor.
- Bend your wrist so the back of your hand moves towards you.
- Hold this position for 5 seconds.
- Relax your hand back to starting position.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Stress ball squeeze

- Hold a soft ball or a balled-up piece of tissue.
- Squeeze the ball tightly holding for 5 seconds.
- Relax your hand and forearm muscles between repetitions.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**