

# Tennis Elbow

## Intermediate 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 5/10 whilst completing this exercise programme.



### 1. Bicep Curl

- Sit or stand with your hand down by your side and the palm of your hand facing forward.
- With a small weight in hand (household object if you do not have a weight), bend your elbow to bring your hand up to your shoulder.
- Return to starting position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Wrist extension with weight

- Sit or stand with your arm straight out in front of you with the palm of your hand facing the floor, holding a small weight.
- 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 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Stress ball squeeze

#### 10 reps, 2-3 sets, 1 minute rest

- 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.**