

1

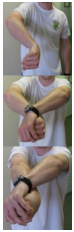


## WRIST EXTENSOR STRETCH

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

Repeat 5 Times  
Hold 20 Seconds  
Perform 3 Time(s) a Day

2



## Wrist Extensor Stretch

### Wrist Extensor Stretch

\* You should feel a gentle painfree stretch through the top of your forearm and elbow

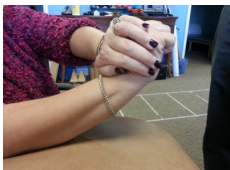
A) With your elbow and fingers bent, bend your wrist down and turn your forearm over so your little finger side of your hand is pointing up towards the ceiling

B) Your other hand should come over the top of your bent hand to keep your fingers and wrist fully bent and wrist tipped up

C) Maintain this position of your wrist/hand and gently straighten your elbow, and you should feel a gentle painfree stretch across your forearm and elbow

Repeat 3 Times  
Hold 20 Seconds  
Perform 5 Time(s) a Day

3



## Eccentric wrist extension - tennis elbow

With the forearm supported, extend the wrist of the affected elbow. Place your good hand on top of the other. Push your wrist down with the good hand as you resist the movement with the affected wrist. Do not resist as you bring the wrist back up.

Repeat 20 Times  
Complete 3 Sets  
Perform 4 Time(s) a Week

4



## Eccentric Wrist Extension

### Eccentric Wrist Extension

Rest your forearm on a table or your knee. Make sure that you are only moving your wrist for this exercise.

Repeat 20 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week

Lift the weight up as far as possible using your UNINVOLVED hand. Let go so that your involved hand takes over the work. Slowly lower the weight back down. Repeat.