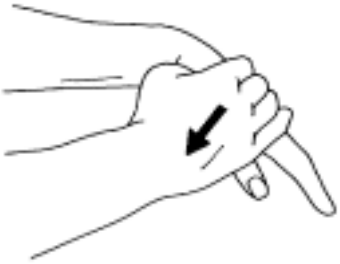
Physiotherapy Department

Personal Exercise Programme

Elbow, Tennis Elbow stretch and strengthen

Date : 27/09/2001



Forearm supported on a table with your hand over the edge and palm facing down. Let your hand drop down. Gently assist the movement with your other hand.

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Fully flex your wrist. Try to flex your wrist even more. Hold approx. 30 secs.

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Support the wrist of the hand to be exercised.
Bend your wrist and assist the movement with your other hand.
Then straighten your wrist and assist the movement with your other hand.

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Forearm supported on a table, hand relaxed over the edge.
Extend the wrist and clench your fist - relax and let your hand drop.

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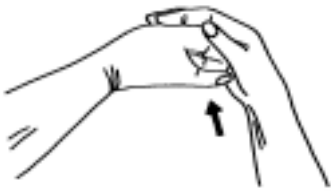

Wrist in mid-position. Put the other hand over the back of the hand to be exercised. Try to lift the back of the hand up while preventing movement with your other hand. Hold approx. 30 secs.

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Support your elbow and forearm on the table and let your wrist hang over the edge holding onto a rubber exercise band. Hold onto the band with your other hand.
Extend your wrist as far as possible while resisting movement with the other hand.

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