

## Lateral epicondylitis phase 2 (tennis elbow)

3 Sets / 10 Reps



### 1. Eccentric wrist extension with weight

Start in a seated position with your forearm resting on a table and holding a weight in your hand with your palm facing downwards. Using the other hand, lift your wrist up, keeping your forearm in contact with the table. Remove your other hand and then slowly lower your raised hand back down without support. Relax and repeat.

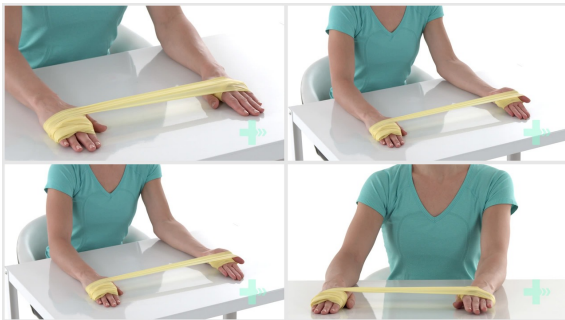
3 Sets / 10 Reps



### 2. Resisted forearm pronation

Start in a seated position with a resistance band held in the hand of your affected arm with the other end of the band fixed across you securely by the unaffected arm. Holding the resistance band, rest your affected arm on the table with your palm facing upwards. Turn your palm face down, pulling against the resistance of the band. Control the movement and then return back to the start position and repeat.

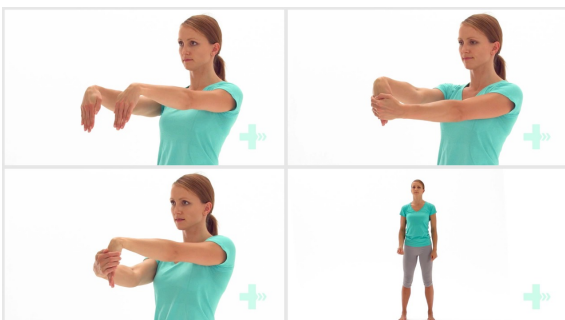
3 Sets / 10 Reps



### 3. Resisted forearm supination

Start in a seated position holding a resistance band in both hands with your affected arm stretched out on a table. The palm of your affected arm should be facing downwards. Use your good hand to keep the other end of the resistance band secure and turn the palm of your affected hand face up, pulling against the resistance of the band. Control the movement of your hand and then return back to the start position. Relax and repeat.

3 Sets / 3 Reps / 15 s hold



### 4. PROM wrist flexion

Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor. With your other hand, apply a gentle pressure to the back of your wrist and hold. You should feel this stretch down the back of your forearm.



### 5. Radial nerve glide

Stand with your affected hand by your side.

Make a fist and bend your wrist.

Maintaining this position, rotate your arm inwards towards your thumb.

Start to move your arm out to the side, keeping your wrist and fingers flexed and your arm rotated inwards, until you feel the tension.

Do not push any further.

At this point, tilt your head away from this side, whilst rotating your arm back outwards.

As you lift your head back to the centre position, rotate your arm inwards again.

Perform this action in one fluid movement.