

UPSWING HEALTH

Lateral Epicondylitis

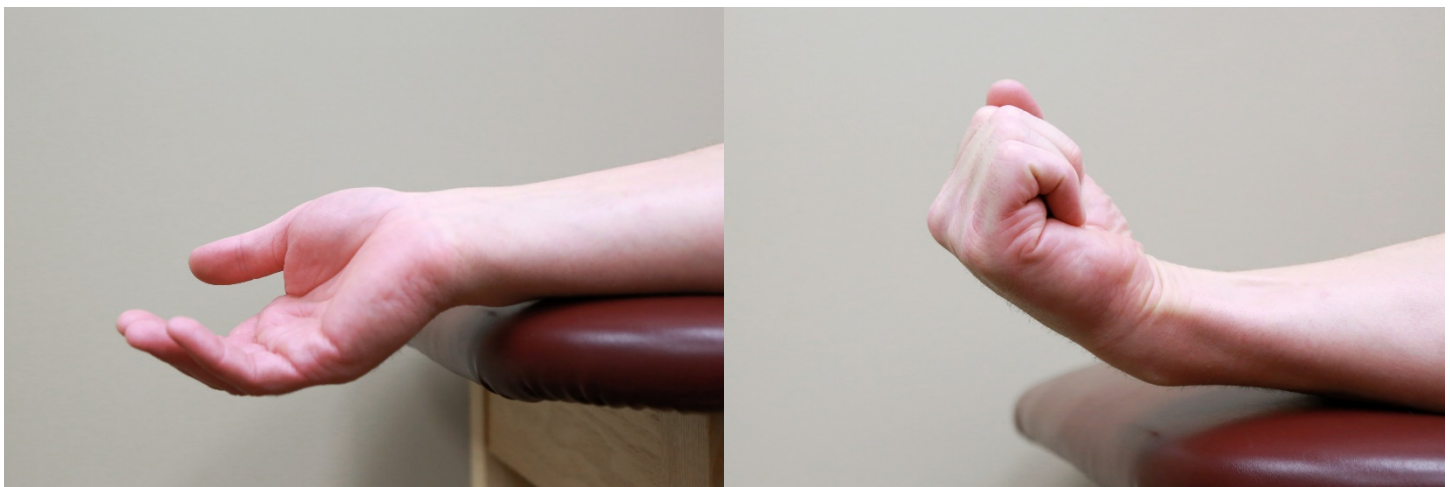
Passive Wrist Extensor Stretch

Place your arm straight out in front of you. With your other hand, pull your involved hand down towards the floor and rotate outward as pictured. Hold this position for 30 seconds and repeat 3-5 repetitions, 2-3 times a day.



Wrist Flexion

Sitting in a chair with your forearm on the table, keep your palm facing up. Lift your hand up and down with movement occurring at the wrist only. Perform 2-3 sets of 10 repetitions, once a day.



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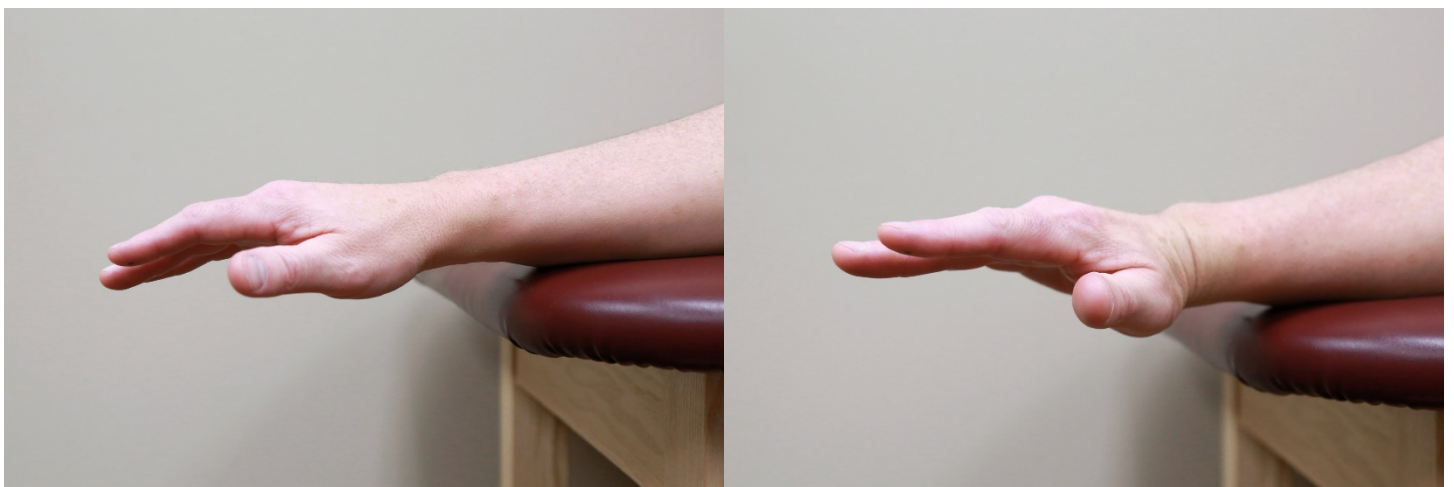
Eccentric Wrist Extension

With your palm facing down, passively lift your wrist using your uninvolved hand. Slowly drop the wrist down below the level of the table. Perform 2-3 sets of 15 repetitions, once a day.



Radial Deviation

With your hand resting on the table, palm facing down, move your hand towards your thumb side as shown. Be sure not to move the forearm or elbow. Repeat 10-20 repetitions, 2-3 times a day.



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Forearm Supination/Pronation

With your elbow by your side, actively rotate your forearm up and down so the palm faces the ceiling and then the floor as much as possible. Repeat 10-20 repetitions, 2-3 times a day.

