

UPSWING HEALTH

Medial Epicondylitis

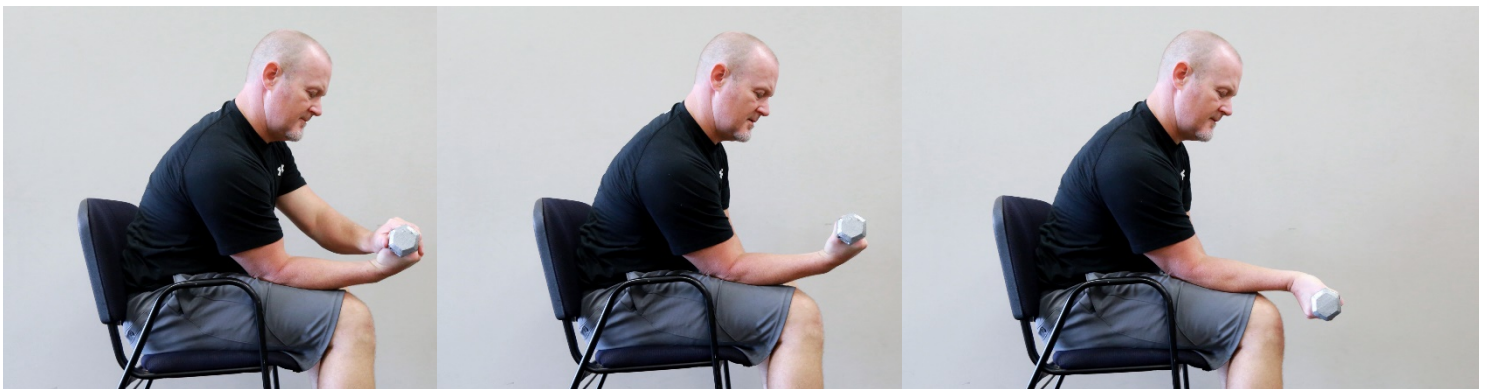
Passive Wrist Flexor Stretch

With your arm out in front of you and palm facing down, use your other hand to passively pull your hand upwards, keeping your elbow straight. Hold for 30 seconds, 2-3 repetitions, 3-5 times a day.



Eccentric Wrist Flexion

With your palm facing up, passively lift your wrist (flexion) 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.



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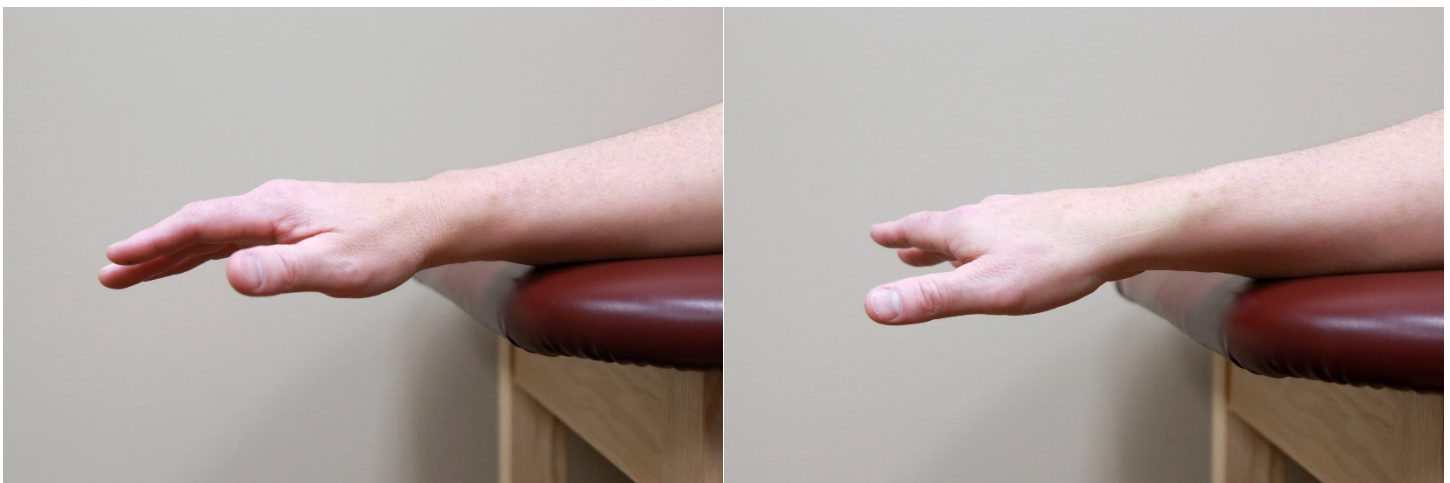
Wrist Extension

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



Ulnar Deviation

With your hand resting on the table, palm facing down, move your hand towards your pinky side as shown. Be sure not to move the forearm nor 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.

