

Tennis Elbow Exercise

Instructions:
Hold 15 seconds

Do 6–10 times
per day

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WRIST EXTENSORS



1. Place arm straight down at side with palm facing back.
2. Stretch hand back, allowing fingers to cup.



3. Rotate hand outward.
4. Make a loose fist for more stretch.

Thera-Band FlexBar®

Research-Proven Exercise for Tennis Elbow



Step 1: Hold bar upright with hand of involved arm, wrist extended.



Step 2: While holding bar, grasp bar as shown with the other hand.



Step 3: Twist bar by flexing non involved wrist.



Step 4: Bring arms forward with elbows extended while maintaining twist in bar.



Step 5: Bar is slowly untwisted by allowing involved wrist to move as it unwinds.

Great for athletes, guitarists, painters, fishermen, and others...

For a free demonstration video, visit:
<http://info.thera-bandacademy.com/flexbarellbow>

