



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## ELBOW LATERAL EPICONDYLITIS



### **WRIST EXTENSOR STRETCH**

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 8 Times  
Complete 2 Sets

Hold 15 Seconds  
Perform 3 Times a Day



### **WRIST FLEXOR STRETCH**

Use your unaffected hand to bend the affected wrist up, as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 8 Times  
Complete 2 Sets

Hold 15 Seconds  
Perform 3 Times a Day

**WRIST SUPINATION STRETCH**

Rest your arm on a table, then grasp your wrist as shown and gently turn your affected wrist towards palm face-up.

Keep your elbow straight and resting on a table during this stretch.

Repeat 5 Times  
Complete 3 Sets

Hold 15 Seconds  
Perform 2 Times a Day

**BALL SQUEEZE**

With an elastic ball, firmly squeeze it in the palm of your hand.

Repeat 20 Times  
Complete 3 Sets

Hold 8 Seconds  
Perform 5 Times a Day

**WRIST EXTENSION - AROM - THIGH**

Rest your arm on your thigh and bend at your wrist up and down with your palm face down, as shown. Return to the original position and repeat.

Repeat 10 Times  
Complete 2 Sets

Hold 3 Seconds  
Perform 2 Times a Day





### WRIST FLEXION - AROM - THIGH

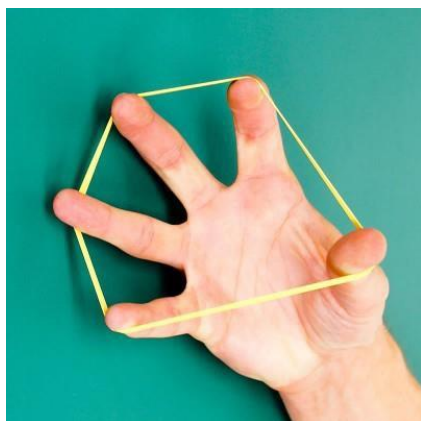
Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Repeat 10 Times

Complete 2 Sets

Hold 3 Seconds

Perform 2 Times a Day



### RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Repeat 10 Times

Complete 2 Sets

Hold 8 Seconds

Perform 2 Times a Day



### HAMMER PRONATION SUPINATION

Slowly lower a hammer or a similar-sized object towards the inside and then outside of the body, as shown.

Repeat 10 Times

Complete 2 Sets

Hold 2 Seconds

Perform 2 Times a Day