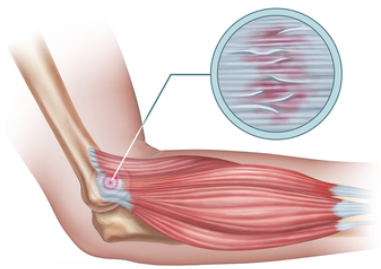




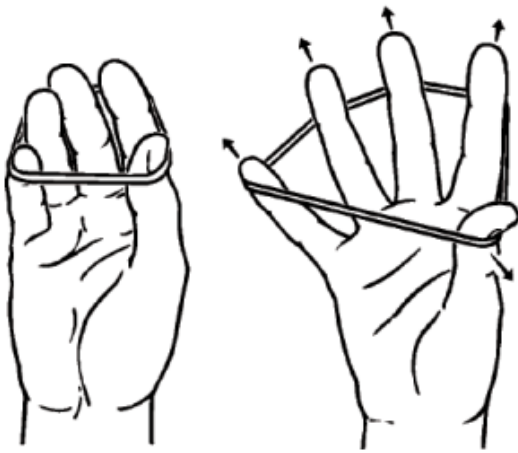
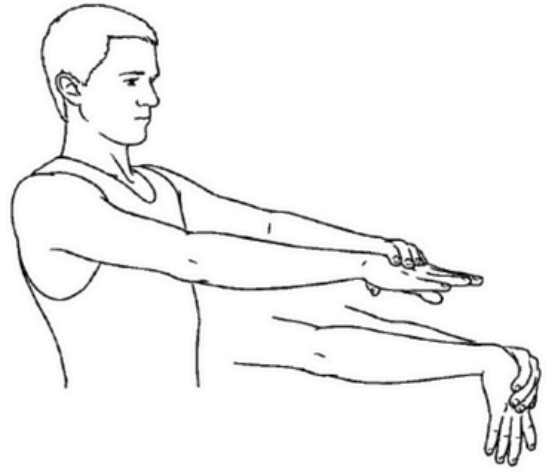
Strengthening & Stretching Tennis Elbow



1

Swan Stretch

Hold the affected arm out straight and with the opposite hand slowly bend the wrist (palm down) until a stretch is felt. Hold up to 30 seconds.



2

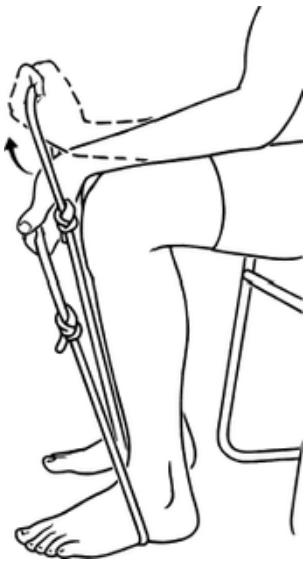
Finger extension

Place a rubber band around all five finger tips. Spread fingers 25 times and repeat 3 times. If resistance is not enough, add a second rubber band or use a rubber band of greater thickness.

3

Wrist extension

With a resistance band wrapped around fist and opposite end secured under foot, bend wrist up (palm DOWN) as far as possible. Lower slowly, keeping forearm on thigh.



4

Wrist flexion

With a resistance band wrapped around fist and opposite end secured under foot, bend wrist up (palm UP) as far as possible. Lower slowly, keeping forearm on thigh.

5

Powerball

This is an advanced activity. The Powerball works by using a spinning gyroscope that creates resistance as you rotate your wrist, helping to strengthen forearm muscles and improve grip. It can be highly effective when used correctly, at the appropriate intensity, and at the right stage of your recovery.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.