

Tennis Elbow

Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



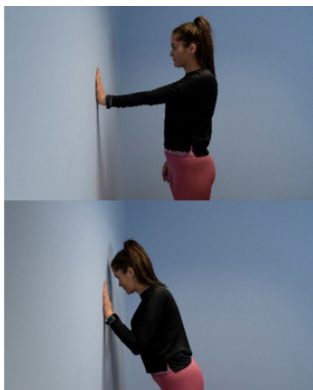
1. Isometric wrist extension with elevation

- Sit or stand with your hand down by your side.
- With a small weight in hand (household object if you do not have a weight), extend your wrist so that the back of your hand points towards the sky.
- Hold this position then raise your arm to shoulder height.
- Relax hand then slowly lower down.
- **Perform this exercise up to 15 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



2. Bicep curl

- Sit or stand with your hand down by your side.
- With a small weight in hand (household object if you do not have a weight), bend your elbow to bring your hand up to your shoulder.
- Return to starting position.
- **Perform this exercise up to 15 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



3. Single arm wall press

- Stand approximately one small step away from the wall.
- Place one hand chest high on the wall so that your elbow is slightly bent.
- Bend your elbow to take your head and shoulders closer to the wall.
- Push against the wall to return to starting position.
- **Perform this exercise up to 15 times, rest for 3 minutes.**
- **Repeat routine 3 times.**