

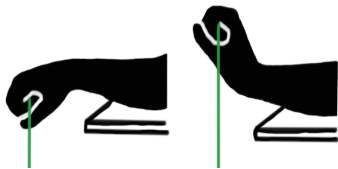
Tennis Elbow

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

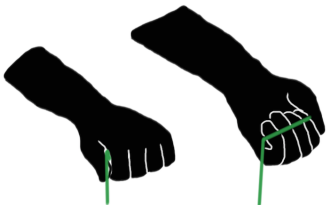
To check the suitability of the exercises contact us at SSI.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

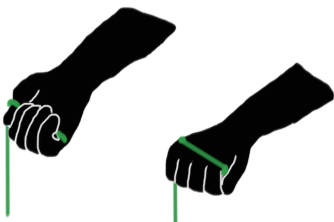
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 1) - Start with the hand facing palm down and the forearm secured on a flat surface. The band should be attached below your hand.
 - Grip the band in the palm of the hand with the band exiting on the thumb side.
 - Keep the forearm fixed against the surface as you lift the hand upwards. This should stretch the band as you lift the hand.
 - Do not allow the forearm to lift from the surface.
 - Pause at the end of the pain free movement then slowly return to the start position. You should be twice as slow on the return movement. This counts as 1 rep.
 - Perform 3-4 x 15-20 reps



- 2) - Start with the hand facing palm down and the forearm secured on a flat surface. The band should be attached below your hand.
 - Grip the band in the palm of the hand with the band exiting on the thumb side.
 - Keep the forearm fixed against the surface as you turn the hand so the palm is facing the ceiling. This should stretch the band as you turn the hand.
 - Do not allow the forearm to lift from the surface.
 - Pause at the end of the movement then slowly return to the start position. You should be twice as slow on the return movement. This counts as 1 rep.
 - Perform 3-4 x 15-20 reps



- 3) - Start with the hand facing palm up and the forearm secured on a flat surface. The band should be attached below your hand.
 - Grip the band in the palm of the hand with the band exiting on the thumb side.
 - Keep the forearm fixed against the surface as you turn the hand to face the palm downwards. This should stretch the band as you turn the hand.
 - Do not allow the forearm to lift from the surface.
 - Pause at the end of the movement then slowly return to the start position. You should be twice as slow on the return movement. This counts as 1 rep.
 - Perform 3-4 x 15-20 reps