

Tennis Elbow



With a Flex/Resistance bar in affected hand, hold the bottom end with thumb up and position wrist into flexion (it looks like the number 7). With the other hand, grasp the top of the bar with thumb down with wrist in extension (like you are looking at your watch with knuckles closer to your face).

Rotate your arms into position as seen in the bottom picture. As you move into this position, roll your hand into a neutral position as if you were wringing out a towel. The tension is built into the Flexbar, **slowly** let it rotate the affected wrist into more flexion (#7). Release the grip carefully and repeated the above steps to perform again.

To perform an isometric exercise without the Flexbar, standing next to a countertop, press your backside of your hand into the side of the counter/cabinet and hold the resistance for up to 10 seconds.

To perform an eccentric exercise without the Flexbar, hold any weight up to 10 pounds with the wrist hanging over the counter (back of hand facing up). Let the weight **slowly** pull you down into wrist flexion and return to start **ONLY** with the opposite hand.



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