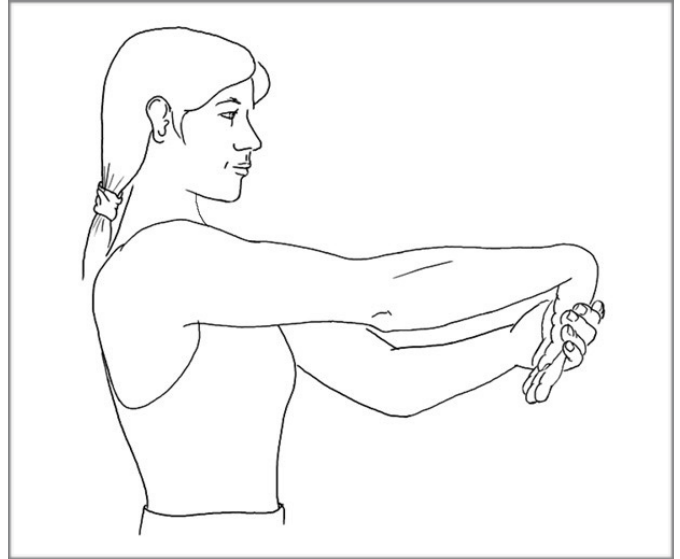


Elbow Stretching Exercises

Lateral Epicondylitis (Tennis Elbow) Stretch

- To stretch the wrist extensors, straighten your elbow and bend your wrist so that your palm faces you and your fingers are pointing downward.
- Use the opposite hand to apply gentle pressure across your hand and pull it as far toward the body as it will comfortably go, keeping your elbow straight. Hold for 10 to 15 seconds.
- Repeat the stretch on the contralateral side.
- Perform this stretching exercise 3 times on both the Left and Right sides several times per day (10-20 times is ideal).
- **Consistency and Persistence** are the keys to success. It is important that you perform the exercises several times daily for an extended period of time as it may take weeks to months before noticeable improvement is achieved.



Medial Epicondylitis (Golfer's Elbow) Stretch

- To stretch the wrist flexors, straighten your elbow and bend your wrist so that the back of your hand is facing you and your fingers are pointing upward (As if signaling someone to "stop").
- Use the opposite hand to apply gentle pressure across the palm and pull it as far toward the body as it will comfortably go, keeping your elbow straight. Hold for 10 to 15 seconds.
- Repeat the stretch on the contralateral side.
- Perform this stretching exercise 3 times on both the Left and Right sides several times per day (10-20 times is ideal).
- **Consistency and Persistence** are the keys to success per above.

