



## 7. Sock squeeze

Hold a rolled-up sock / tennis ball.  
Make a fist around it and squeeze.  
Hold the squeeze for 5 seconds.  
Relax. Repeat x10.



## 8. Bicep Curls

Hold a light weight or can of beans.  
Secure your injured elbow with your other hand  
or by sitting in a chair and resting it on your thigh.  
Slowly curl the weight up towards your chest  
and down again.  
Repeat this x10.

If you would like this information in another  
format i.e. large print or another language,  
please contact the Customer Service  
Team on 01793 604031

## 10 Minute Tennis Elbow Exercises

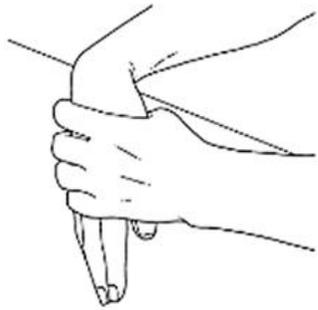
*Stretch and Strengthen*

*Rheumatology Department  
Great Western Hospital Swindon*

- Try these exercises twice a day. You will notice less pain over several weeks.
- You must exercise regularly to stop your pain from returning.
- Massaging and applying ice packs to your elbow for 5 minutes each day may help.

*Our Values*

**Service Teamwork Ambition Respect**



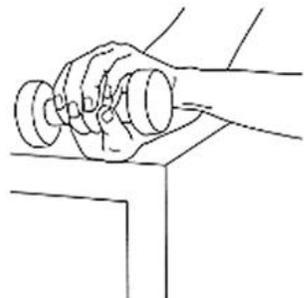
## 1. Wrist extensor stretch

Straighten your arm fully.  
Relax your wrist so that you leave your hand hanging.  
With your other hand, gently push against the back of your hand so it bends towards you.  
Feel a stretch along the top of your arm.  
Relax.



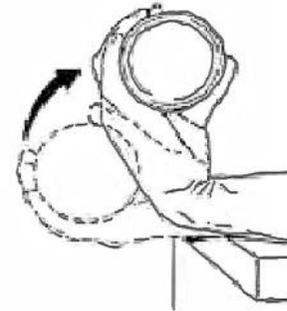
## 2. Wrist flexor stretch

Straighten your arm fully.  
Relax your wrist.  
Use your other hand to gently pull your fingers towards you.  
Feel a stretch in your wrist muscles.



## 3. Extensor strengthening

Rest your forearm on a table.  
Hang your wrist and hand off the edge.  
Hold a light hand weight or a can of beans.  
Moving only your wrist, raise the weight. Hold for 10 seconds then slowly lower it.  
Repeat this x10.



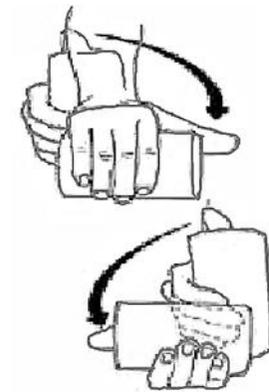
## 4. Wrist Curls

Hold a light hand weight or can of beans.  
Rest your forearm on a table, palm facing up.  
Hang your wrist and hand off the edge.  
Moving only your wrist, gently raise the weight.  
Hold here for 5 seconds.  
Gently lower the weight.  
Repeat x10.



## 5. Handshake Stretch

Holding the weight or can with your thumb pointing up. (Imagine you are going to shake hands with someone.)  
Move the can or weight up and down slowly.  
Keep your arm still by resting it on the table and only move your wrist.



## 6. Wrist Rotations

Hold the weight or can in your hand with your thumb pointing up.  
Turn the wrist inward as far as possible. Hold for 2 seconds.  
Then turn the wrist outward as far as possible. Hold for 2 seconds.  
Repeat as many times as you can.