

Tennis Elbow

1. stretch forearm: elbow straight-pull fingers and wrist upward/downward hold count of 5-10
2. stretch forearm: elbow flexed-pull fingers and wrist upward/downward hold count of 5-10
3. wrist curls: knuckles up/down 20 reps
4. squeeze ball: in palm of hand/at tips of fingers hold for count of 5
5. hold hammer/stick: turn palm upward and downward 20 reps
6. isometrics: three positions-wrist flexed/neutral/extended 20 reps