

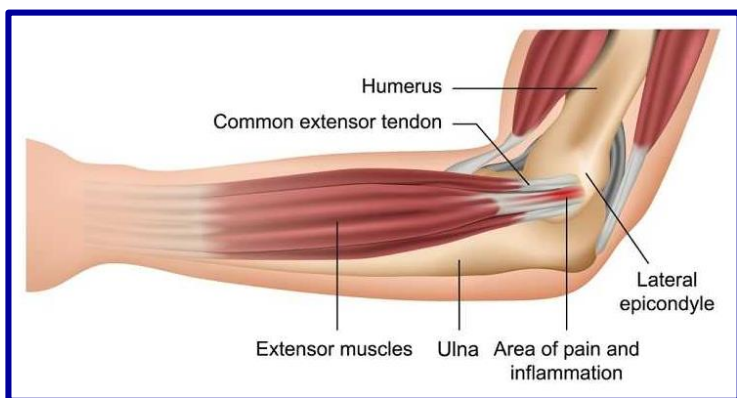


# TENNIS ELBOW EXERCISES

You don't have to be a tennis player to be affected by tennis elbow, an overuse injury causing pain around the outside of the elbow.

Tennis elbow, also known as lateral epicondylitis, is believed to affect around one in three people at any time, most often between the ages of 40 and 60.

The below image shows the basic anatomy of tennis elbow:



The pain comes from inflammation of the common extensor tendon origin, located on the outside of your elbow.

Below are 4 simple exercises that should help ease your symptoms. 3 sets of 10 exercises should be completed 2-3 times a day.

## Wrist Flexion & Extension

Using the opposite hand to assist, flex and extend your affected side wrist.



## Weight-Bearing Flexion & Extension

Using a small weight (500g-1kg e.g. can of beans) and resting your forearm on the arm of a chair or table flex your wrist upwards and then turn your arm to extend your wrist upwards.



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