

Lateral Epicondylitis (Tennis Elbow) Exercises



Wrist range of motion



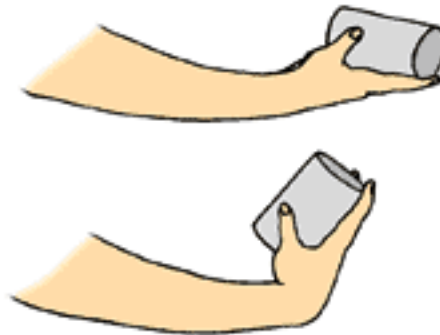
Wrist stretch



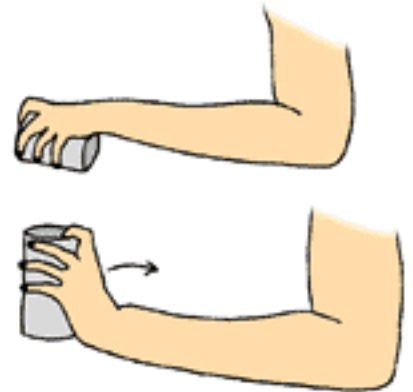
Pronation and supination of the forearm



Elbow range of motion



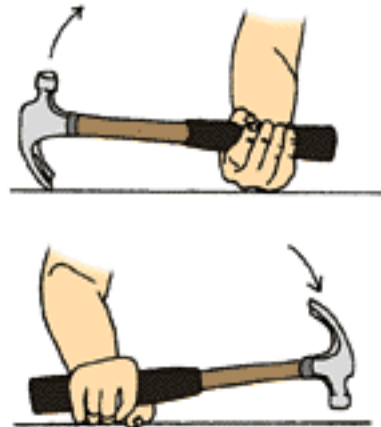
Wrist flexion exercise



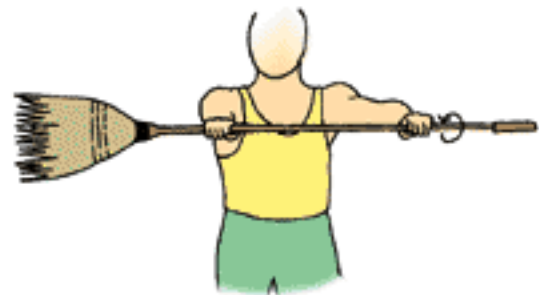
Wrist extension exercise



Wrist radial deviation strengthening



Forearm pronation and supination strengthening



Wrist extension (with broom handle)