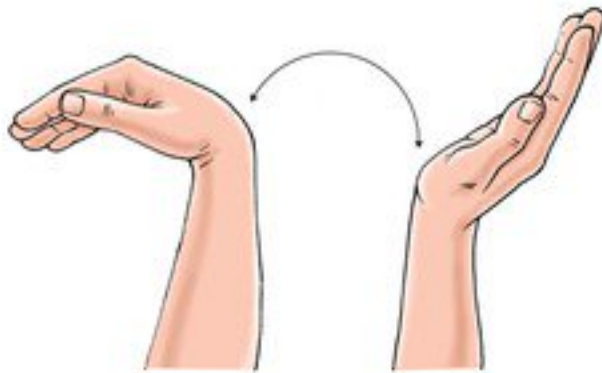
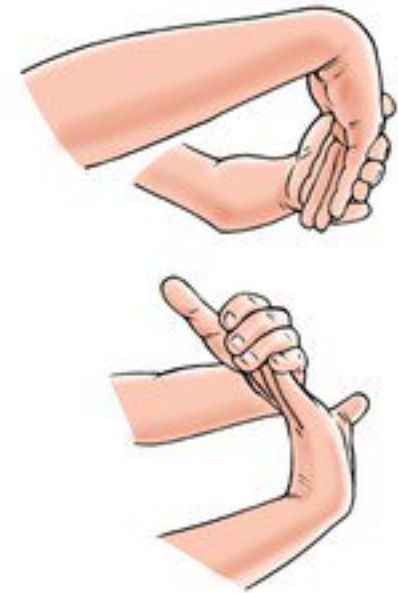


# Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion:  
Flexion and extension



Wrist stretch



Forearm pronation and supination



Eccentric wrist flexion



Eccentric wrist extension



Grip strengthening



Forearm pronation and  
supination strengthening



Resisted elbow flexion  
and extension