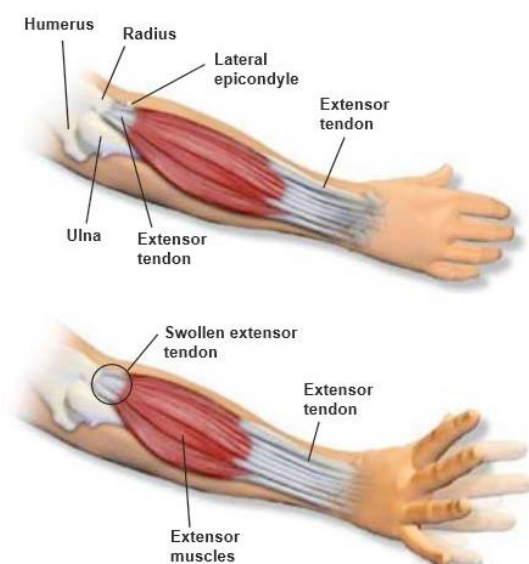


Tennis Elbow- Stretches

Also known as Lateral Epicondylitis.

- An acute or chronic inflammation and tenderness of the tendon attaching to the outside of the elbow, connecting the forearm muscles.
- Tendon becomes damaged by trauma or repetitive use. This causes micro tears and scar tissue.
- Commonly associated with physical work requiring repetitive gripping or lifting.



Signs & Symptoms

- Tenderness over the outside of the elbow.
- Pain with gripping, turning, lifting the wrist or opening the fingers.
- Severe pain or significant loss of strength may indicate more serious tears

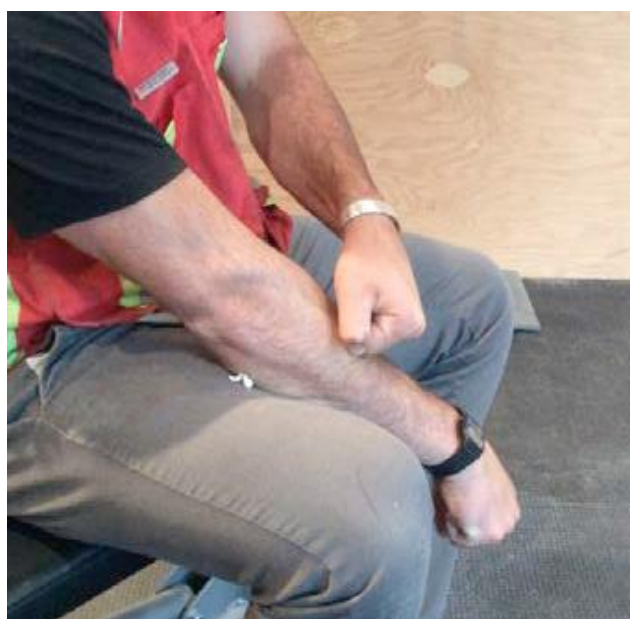
Eccentric Stretch

- Hold 5 seconds
- Repeat twice



Eccentric Extensor Strengthening

- Resist from wrist extension to wrist flexion
- Repeat 3 sets of 15



Self Massage

- Perform for 5 minutes, 1-2x/day
- Stroke down the arm

