

Elbow Exercises: Tennis Elbow *STAGE 1*



1 Elbow Extension

2 Forearm Stretch & Radial Deviation Stretch

3 Isometric Wrist Extension

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

As a guide start with the number of prescribed repetitions and sets. You can increase or decrease based on your pain.

Aim to complete these exercises twice a day.

1 Elbow Extension



In sitting hold your upper arm with your opposite hand. Straighten your elbow.

Hold 45 seconds and repeat 3 times.

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1 Elbow Extension

2 Forearm Stretch & Radial Deviation Stretch

3 Isometric Wrist Extension

2 Forearm Stretch & Radial Deviation Stretch



Straighten your elbow. Use your opposite hand to bend your wrist downwards. You should have your elbow crease facing towards the ceiling and your fingers pointing to the floor. You can increase the stretch by angling your fingers towards your thumb.

Hold 45 seconds and repeat 3 times.

3 Isometric Wrist Extension



In sitting with your elbow bent at your side and palm facing down. Place the other hand onto the back of your hand and resist upwards movement.

Hold this contraction for 20 second and repeat up to 8 times.