

## RACKET RELIEF

### TENNIS ELBOW PROTOCOL



#### Exercise 1: Forearm Extensor Lateral Rotation Stretch

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily**

**Start:** Begin standing with one arm fully extended directly in front of your body. The crease of elbow should be facing straight forward. Flex wrist slightly and grasp with opposite hand.

**Movement :** While maintaining forearm position with elbow crease facing forward, flex wrist fully and rotate fingers inward toward body until stretch is felt on outside of forearm. Hold for 10-20 seconds and repeat for prescribed repetitions and sets.



#### Exercise 2: Forearm Flexion Stretch

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily**

**Start:** Begin seated or standing. Extend one arm in front of body at shoulder level, with palm facing downward. Grasp fingers with opposite hand.

**Movement :** While grasping fingers with opposite hand gently pull downward until stretch is felt in forearm. Hold for 20-30 seconds.

Repeat for prescribed repetitions and sets.



#### Exercise 3: Assisted Forearm Stretch

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily**

**Start:** Begin standing behind chair. Place hands on back of chair with palms down and fingers directed toward you.

**Movement :** Slowly lean body forward and lower shoulders. A gentle stretch should be felt in forearms and wrist. Hold for 20-30 seconds or for prescribed duration. Repeat for prescribed repetitions and sets.

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#### Exercise 5: Wrist Extension with Dumbbell

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin seated with forearm placed on edge of table. Grasp dumbbell. Wrist should be slightly flexed with palm facing down.

**Movement :** Extend wrist upward while maintaining contact on table. Slowly return to start position and repeat for prescribed repetitions and sets.



#### Exercise 6: Wrist Flexion with Dumbbell

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin seated with forearm placed on edge of table. Grasp dumbbell. Wrist should be slightly extended with palm facing up.

**Movement :** Flex wrist upward while maintaining table contact. Slowly return to start position and repeat for prescribed repetitions and sets.



#### Exercise 7: Tyler Twist

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Grasp FlexBar® exerciser in front of you with the injured side and extend your wrist. Grasp the upper end of the bar with your other hand facing away from you.

**Movement :** Twist the bar with the top hand as you stabilize with the bottom hand. Hold both wrists steady as you extend both elbows in front of you. The wrist on your injured side should be extended and the other wrist flexed. Slowly release the bar with your injured side while maintaining tension with the uninjured side. Repeat 10-15 times up to 3 times a day. Begin with the red FlexBar and progress to the next colour when you can easily perform 3 sets of 15.