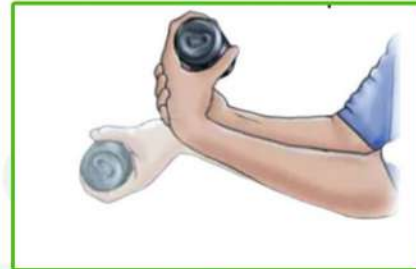


EXERCISES FOR TENNIS ELBOW

EXERCISE 1 — ECCENTRIC EXERCISE

Hold a light dumbbell and extend your arm. Slowly lower your wrist down, resisting gravity, then use your other hand to bring it back up. This helps strengthen forearm muscles and tendons, especially useful for conditions like tennis elbow.

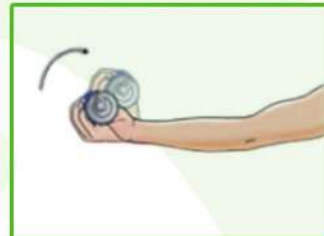
3 sets × 10 reps



EXERCISE 2 — FOREARM FLEXOR STRETCH

Extend your arm straight out with your palm facing up. Use your other hand to gently pull back on the fingers. This stretch targets the forearm flexor muscles, improving flexibility and reducing tightness.

3 sets × 10 reps



EXERCISE 3 — FOREARM PRONATION

Hold a light weight (like a hammer or dumbbell) with your elbow bent at 90 degrees. Slowly rotate your palm downward, then return to starting position. This exercise improves wrist rotation, forearm strength, and mobility.

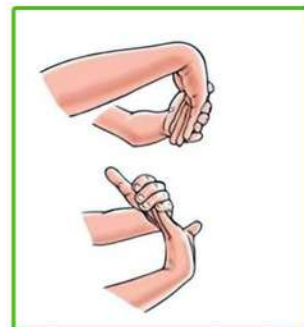
3 sets × 10 reps



EXERCISE 4 — FOREARM EXTENSOR STRETCH

Extend your arm with your palm facing down. Use your other hand to gently pull the fingers back toward your body. This stretch relieves tension in the forearm extensors and prevents stiffness.

3 sets × 30 seconds



EXERCISE 5 — BALL SQUEEZES

Hold a soft stress ball or therapy ball in your hand and squeeze firmly for a few seconds before releasing. Repeat multiple times. This builds grip strength, enhances forearm endurance, and supports elbow stability.

2 sets × 10 seconds



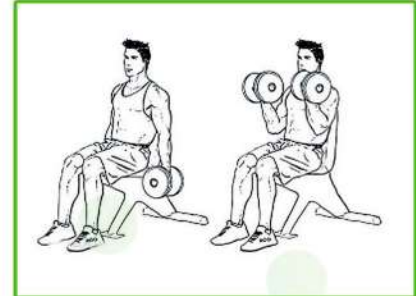
DISCLAIMER

These exercises are meant for general elbow rehabilitation and strengthening. Always perform them slowly, with proper form, and begin with light resistance. Stop immediately if you feel sharp pain, discomfort, or swelling. For safe and effective recovery, consult a physiotherapist or healthcare professional before starting, especially if you have an injury or medical condition.

EXERCISE 6— BICEP CURLS

Sit or stand with dumbbells in each hand, palms facing up. Curl the weights toward your shoulders with controlled motion, then slowly lower. Strengthens the biceps, which support elbow function and reduce joint strain.

3 sets × 10 reps



EXERCISE 7 — TRICEP STRETCH

Raise one arm overhead and bend the elbow so your hand reaches down your back. Use your opposite hand to gently press the bent elbow for a deeper stretch. This lengthens the triceps and eases tightness around the elbow.

3 sets × 30 seconds



EXERCISE 8 — DRAWING THE SWORD

Hold a weight across your body near your opposite hip. Slowly lift it diagonally upward and outward, as if drawing a sword. This movement strengthens the shoulder, forearm, and elbow, improving coordination and functional strength.

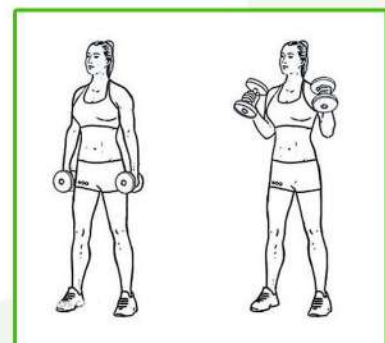
3 sets × 10 reps



EXERCISE 9 — HAMMER CURLS

Hold dumbbells with palms facing each other (neutral grip). Curl the weights upward and slowly lower them back down. This strengthens both biceps and forearms, offering balanced support for the elbow joint.

3 sets × 10 reps



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