

## **Stretching exercises for tennis elbow**

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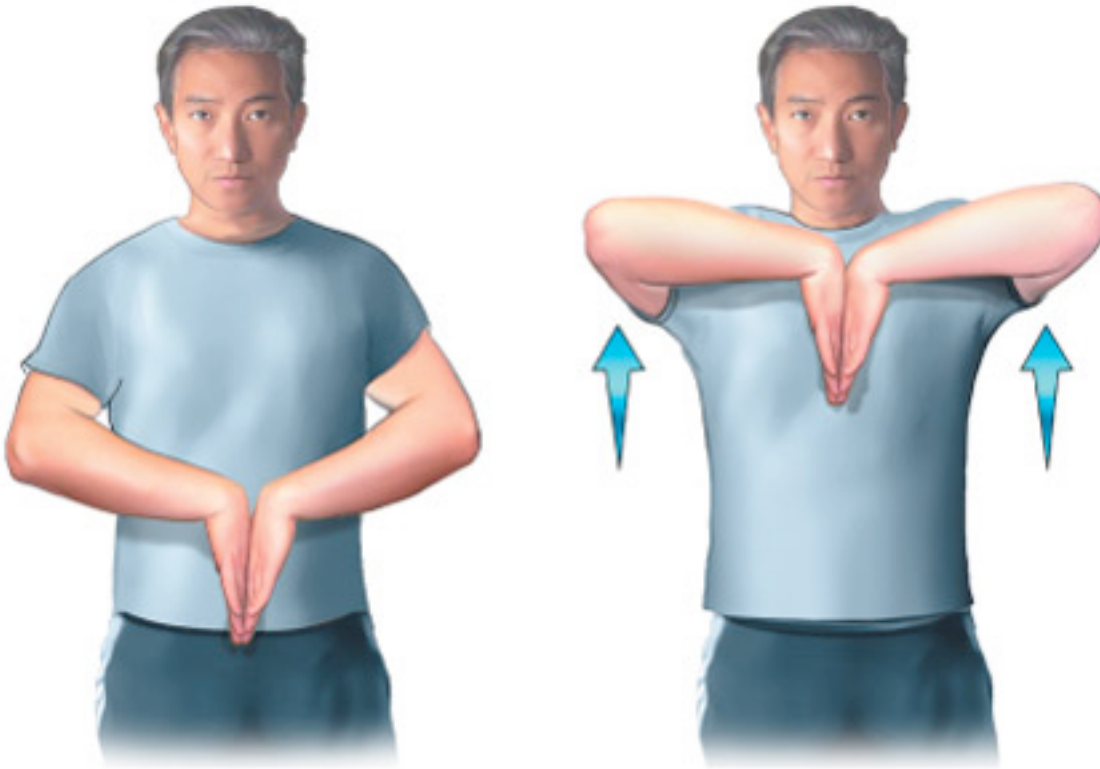
### Prayer stretch

1. Start with your palms together in front of your chest, just below your chin.
2. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together until you feel a mild to moderate stretch under your forearms.
3. Hold for 20 seconds. Repeat 4 times.



## Reverse prayer stretch

1. Start with the backs of your hands together in front of you at your waistline, with your forearms parallel to the floor.
2. Slowly bring your wrists up toward your face by bending your elbows until you feel a mild to moderate stretch in your forearms. Keep the backs of your hands together and your hands close to your body.
3. Hold for 20 seconds. Repeat 4 times.



### **Wrist extensor stretch**

1. Extend your arm in front of you with your palm up.
2. Bend your wrist, pointing your hand toward the floor.
3. With your other hand, gently bend your wrist further until you feel a mild to moderate stretch in your forearm.
4. Hold for 20 seconds. Repeat 4 times.



### **Wrist flexor stretch**

1. Repeat steps 1 to 4 of the stretch above but begin with your extended hand palm down.

### Thumb stretch

1. Place your forearm on a table with your thumb pointing upward and your hand hanging over the edge of the table.
2. Lower your thumb toward the base of your little finger and close your hand into a fist.
3. Slowly lower your hand so your little finger moves toward the floor (as if you're shaking hands).
4. Hold for 20 seconds. Repeat 4 times.

