



Research-Proven Exercise for Tennis Elbow (81% improvement in elbow pain)

do each exercise 2-3 times per day
10-15 reps



Step 1.
Hold bar upright with hand of involved arm, wrist extended.



Step 2.
While holding bar, grasp bar as shown with the other hand.



Step 3.
Twist bar by flexing non involved wrist.



Step 4.
Bring arms forward with elbows extended while maintaining twist in bar.



Step 5.
Bar is slowly untwisted by allowing involved wrist to move as it unwinds.