



**LIVEWELL HEALTH**

*your partner in successful aging*

## **TENNIS ELBOW**

IN COLLABORATION WITH

**VALD HEALTH**

# Wringing out a towel (vertical)

## Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by sitting upright in a chair holding a rolled up towel in your hands with palms facing the side and arms out straight. Rotate one hand forwards and the other backwards to twist the towel and then control the towel back straight to complete the exercise. Remember to keep your elbows straight and shoulders relaxed throughout the exercise. [See Less](#)



# Wringing out a towel (horizontal)

## Exercise Details

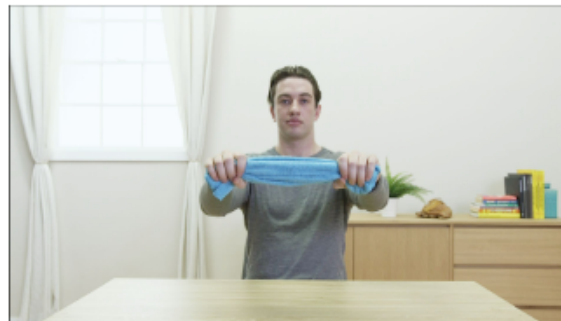
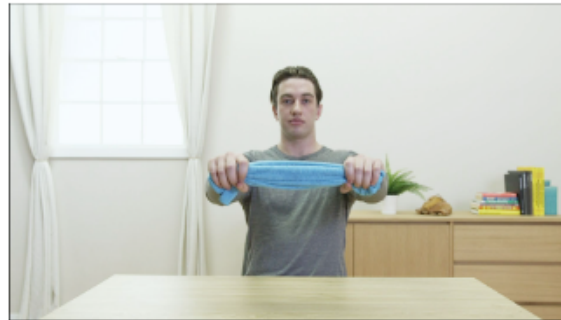
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by sitting upright in a chair holding a rolled up towel in your hands with palms facing down and arms out straight. Rotate one hand forwards and the other backwards to twist the towel and then control the towel back straight to complete the exercise. Remember to keep your elbows straight and shoulders relaxed throughout the exercise. [See Less](#)



# Wrist extension in sitting (dumbbell)

## Exercise Details

Sets	3
Reps	10
Resistance	1kg dumbbell
Rest Duration	60 seconds
<b>No notes</b>	

Start by sitting with your head up and chest tall. Rest your arm out in front of you, with your hand holding a dumbbell and hanging off the end of a table. Turn your hand over so that the palm of your hand is pointed towards the ground. Keeping the rest of your arm still, lift the dumbbell up towards your forearm, then lower your hand back down to complete the exercise. Remember to focus on moving your hand only throughout the exercise. [See Less](#)

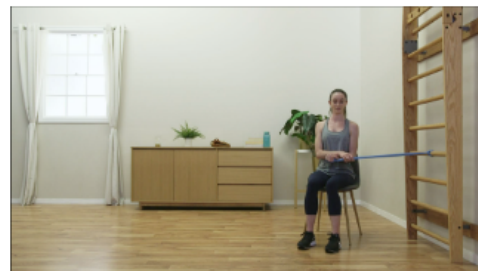


# Eccentric wrist supination in sitting (exercise band)

## Exercise Details

Sets	3
Reps	10
Resistance	Yellow exercise band
Rest Duration	60 seconds
<b>No notes</b>	

Start by standing with your feet shoulder width apart, head up and chest tall, holding the exercise band in your hand. The exercise band should be fixed to an object in line with your stomach on the opposite of your body. Wrap the exercise band over and then under your hand, holding the end in your fist, then tuck your elbow into your side. Keeping the rest of your body still, use your other hand to pull the exercise band across your body as you turn your palm towards the ceiling. Then take your other hand off and resist the pull of the exercise band, as it pulls you palm towards the floor, to complete the exercise. Remember to keep your elbow tucked throughout the exercise. [See Less](#)



# Radial nerve glide in standing

## Exercise Details

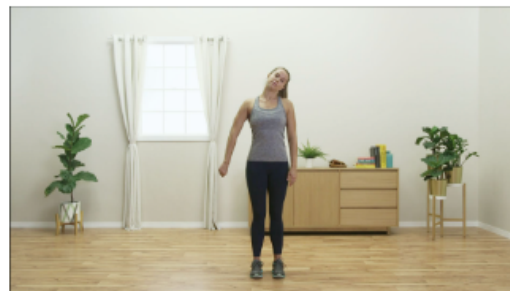
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your head up and chest tall. Make a fist and bend your wrist whilst rotating your arm inwards (towards your thumb), then start lifting your arm out to the side maintaining the position. Stop when you start to feel tension and don't push any further. Tilt your head away from the side of your arm and rotate your arm back outwards. When you bring your head back to the centre, rotate your arm inwards again. Repeat this movement slowly and gently and then relax to complete the exercise. Remember to maintain the arm position throughout the exercise. [See Less](#)





# Wrist flexion in sitting (dumbbell)

## Exercise Details

Sets 3

Reps 10

Resistance 1kg dumbbell

Rest Duration 60 seconds

No notes

Start by sitting with your head up and chest tall. Rest your arm out in front of you, with your hand holding a dumbbell and hanging off the end of a table. Turn your hand over so that the palm of your hand is pointed towards the ceiling. Keeping the rest of your arm still, lift the dumbbell up towards your forearm, then lower your hand back down to complete the exercise. Remember to focus on moving your hand only throughout the exercise. [See Less](#)

