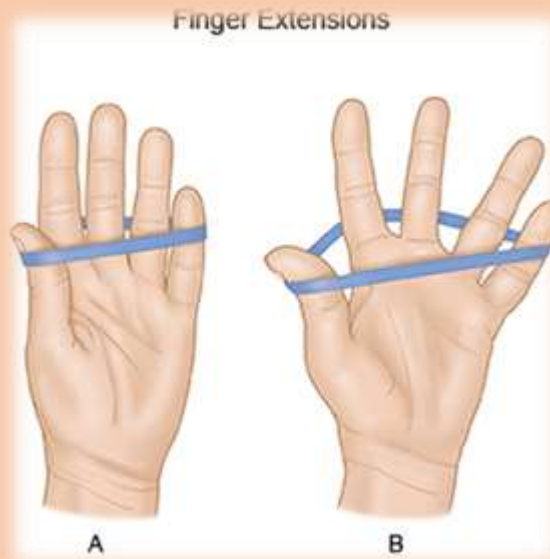


Tennis Elbow Exercises at Home



A- place an elastic band around your fingers

B- spread your fingers away from each other as hard as you can

Repeat this 10 times

Hold a ball at the palm of your hand

Squeeze it for 3 seconds

Repeat 10 times





**Hold a towel with both of
your hands**

**Twist the towel in
opposite directions and
hold it for 3-5 seconds**

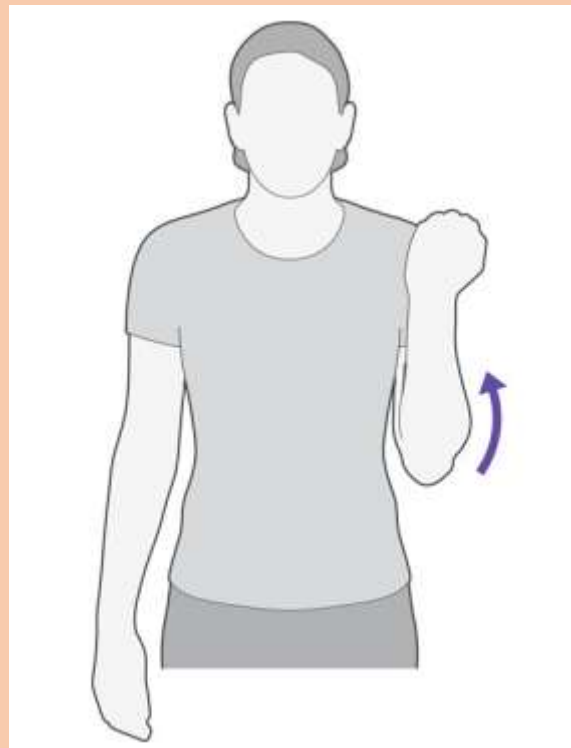
Repeat 10-12 times

**Stand straight with feet
shoulder width apart**

**Slowly bend your elbow and
hold it for 10-15 seconds**

**Return to your starting
position slowly**

Repeat 10 times



**Place your hand at
the edge of a table**

**Move your wrist up
and down**

Repeat 10-12 times