

Arms

Tennis Elbow Stretches

These stretches help to relieve the pain of tennis elbow.



1. Hold the affected arm out in front of you with palm facing up and outwards.
2. Grasp the top of the fingers with the other hand.
3. Pull the fingers towards you and feel a stretch in the elbow joint.
4. Hold and repeat three times.

Carry out this stretch to help strengthen the forearm and hand.



1. Weave an elastic band between the fingers.
2. With palm facing down spread the fingers apart.
3. Repeat 5 times.
4. Now face the palm upwards and repeat again 5 times.
5. You should feel your forearm muscles stretching.



Stretch Safe!

If you aren't sure whether you are doing a stretch correctly, ask for it to be demonstrated to you again. It's important that the techniques are done correctly.

The Stretching Guide

