

Lateral Epicondylitis: Rehabilitation Exercises



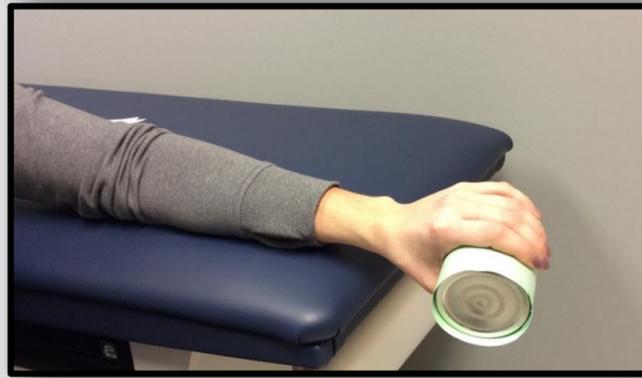
Wrist Flexion/Extension Stretches



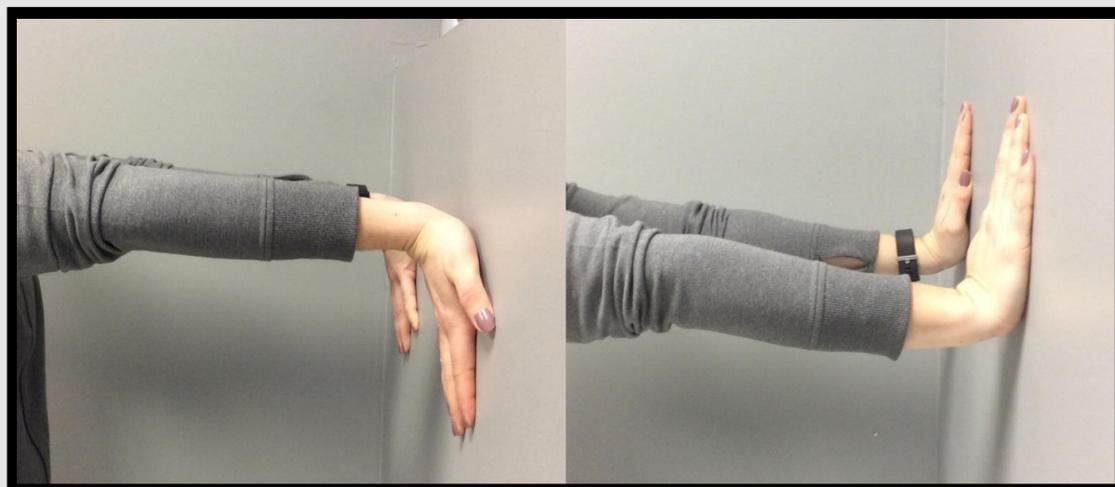
Wrist Pronation/Supination with a Hammer



Wrist Flexion/Extension with a Weight



Grip Strengthening Exercises



Wrist Flexion/Extension against a Wall



Ice-Friction Massage: Apply using overlapping circular or longitudinal strokes; once the skin is numb to fine touch treatment ends (7-10min). May use a paper cup filled (2/3 full) with frozen water and later remove the top portion of the paper, leaving the bottom portion of the cup to act as a handle

