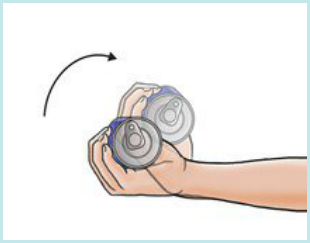
Exercises for Tennis Elbow Relief

1 Eccentric Exercise
10 reps x 3 sets

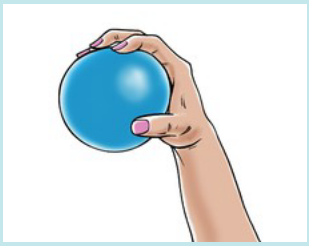
2 Forearm Extensor Stretch
hold for 30 seconds x 3 sets

3 Tricep Stretch
hold for 30 seconds x 3 sets

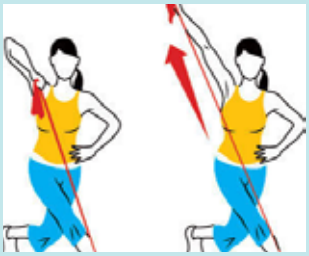
4 Forearm Flexor Stretch
10 reps x 3 sets



5 Ball squeezes
hold for 10 seconds x 2 sets



6 "Drawing the Sword"
10 reps x 3 sets



7 Forearm Pronation
10 reps x 3 sets

8 Bicep curls
10 reps x 3 sets

9 Hammer curls
10 reps x 3 sets

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	1 Eccentric Exercise	2 Forearm Extensor Stretch	1 Eccentric Exercise	2 Forearm Extensor Stretch	1 Eccentric Exercise	2 Forearm Extensor Stretch	1 Eccentric Exercise
Week 2	3 Tricep Stretch 5 Ball Squeeze	4 Forearm Flexor Stretch 5 Ball Squeeze	3 Tricep Stretch 5 Ball Squeeze	4 Forearm Flexor Stretch 5 Ball Squeeze	3 Tricep Stretch 5 Ball Squeeze	4 Forearm Flexor Stretch 5 Ball Squeeze	3 Tricep Stretch 5 Ball Squeeze
Week 3	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze	6 "Drawing the Sword" 7 Forearm Pronation and Supination 5 Ball Squeeze
Week 4	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze	8 Bicep Curls 9 Hammer Curls 5 Ball Squeeze