Eccentric Wrist Extensor Exercises for Treatment of Tennis Elbow

1. Secure the band under your foot and grasp the other end with the affected hand in a palm-down position.

2. With the unaffected hand, pull the hand holding the band in a wrist-back position. This is the starting position for this exercise.

3. Now release your affected hand and slowly bring the wrist into a bent-down position.

4. Repeat steps 2 and 3.

It is important that you do not attempt to bring the wrist into the starting position without the assistance of the unaffected hand.

Perform ________ reps ________ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.