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.