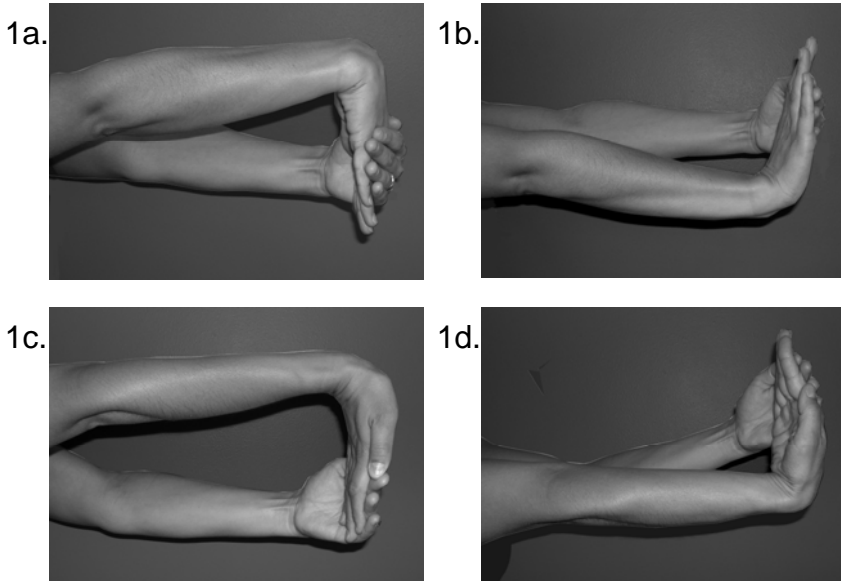


Tennis Elbow

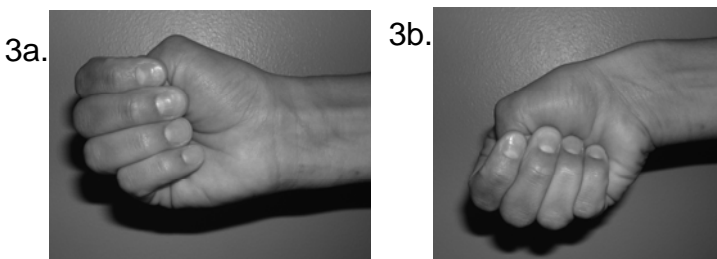


Four Way Wrist Stretch

- 1a. Extend right arm in front of you with palm turned down. With left hand, gently pull down on hand and fingers to feel a stretch along the back of right forearm and hand. Keep elbow straight. Hold 30 seconds.
- 1b. Repeat gently pulling up on right hand and fingers to feel a stretch along the front of forearm and palm. Repeat a & b on left.
- 1c. Extend right arm in front of your body with palm turned up. With left hand, gently pull down on hand and fingers to feel a stretch along the front of right forearm and palm. Keep elbow straight. Hold 30 seconds.
- 1d. Repeat gently pulling up on right hand and fingers to feel a stretch along the back of right forearm and hand. Repeat c & d on left.

Finklestein's Thumb Stretch

- 3a. Extend right arm in front of you with thumb turned up. Make a fist, wrapping fingers around thumb.
- 3b. Gently pull down on thumb to feel a stretch along side of hand and forearm. Keep elbow straight. Hold 30 seconds. Repeat on other side.



- 2a. Stand with arms outstretched in front of you and palms facing out.
- 2b. Cross left wrist over right wrist and interlace fingers.
- 2c. Pull fingers of right hand to the right. Keep arms straight. Hold 30 seconds. Repeat on other side.

