
Exercises for Elbow Pain

Exercise: Tennis Ball Squeeze**Description:**

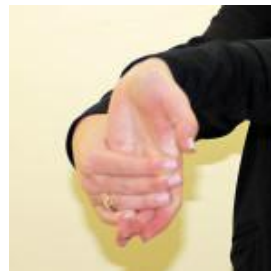
Squeeze a tennis ball as hard as you can for 5-10 seconds. Repeat 5 times per hand

**Exercise:** Towel Wringing**Description:**

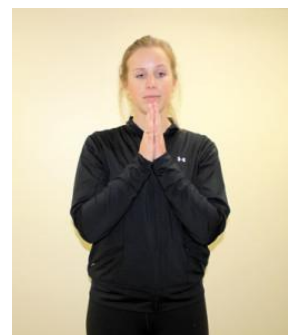
With arms outstretched in front of you, go through the motions of wringing out a dry terry cloth towel. Perform the motion 8 times in each direction.

**Exercise:** Extended Arm Wrist Stretch**Description:**

- Extend one arm in front of you at shoulder height. Turn your palm away from your body and point your fingers down.
- Using your other hand, gently pull the base of your fingers back towards your body. Hold for 30 seconds before switching sides.
- Then, extend your right arm in front of you at shoulder height, with your palm facing your body. Place the opposite hand on the back of the right hand. Push the right hand into the opposing hand to feel a stretch in your forearm.
- Hold for 30 seconds before switching sides.

**Exercise:** Prayer Position Stretch**Description:**

- Start with your palms together, around the height of your chin.



- Slowly lower your palms down your front,keeping your palms close to your body and the base of your palms touching.
- Stop lowering your hands when you start to feel a nice stretch in your wrists. Hold here for 30 seconds.

