Dr. Daniel Aedo Martín
Hand and upper limb surgery

Tennis elbow

Reference / initials _____ Date _____

Side: ☐ Right ☐ Left ☐ Both

Perform only the exercises marked by your clinician. Follow the prescribed repetitions and frequency. Do not force movement. Stop if symptoms worsen; seek advice if they persist. Follow any surgery, fracture or splint restrictions.

01 Make a fist with your arm in front ☐

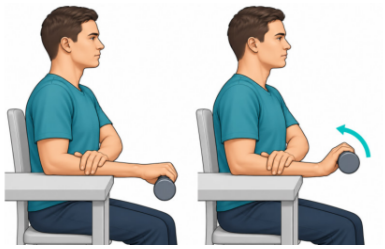
1. Hold your arm straight in front of you. Close your hand with your thumb outside the fist.
2. Keep your wrist straight, then relax.

No equipment. Avoid jerking or maximal effort.

Sets _____ Repetitions _____ Times/day _____

Equipment / adjustments: _____

02 Wrist extension with a weight ☐



1. Support your forearm with your palm facing down and your hand over the edge.
2. Raise the weight by moving your wrist, then lower it slowly.

A weight of the prescribed load. Start strengthening only when prescribed.

Sets _____ Repetitions _____ Times/day _____

Equipment / adjustments: _____

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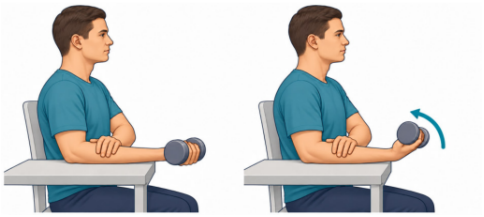
03 Wrist flexion with a weight



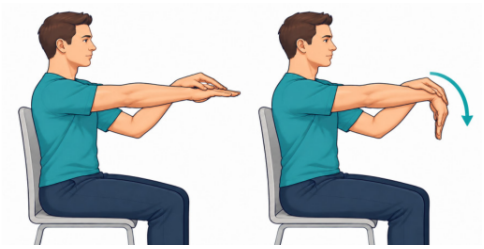
1. Support your forearm with your palm facing up and your hand over the edge.
2. Bend your wrist to bring the weight towards your forearm, then lower it slowly.

A weight of the prescribed load. Do not increase the load on your own.

Sets | Repetitions | Times/day

Equipment / adjustments:

04 Wrist extensor stretch



1. Straighten your arm in front of you with your palm facing down.
2. Let your hand bend down at the wrist. Place your other hand on its back and gently guide it towards your body.

Your other hand. Do not bend your elbow or force the movement.

Sets | Repetitions | Times/day

Equipment / adjustments:

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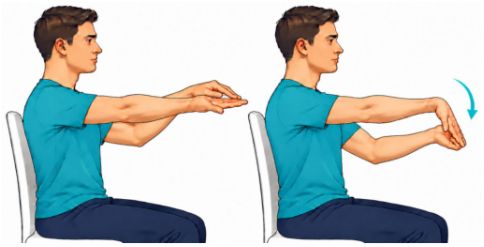
05 Wrist flexor stretch



1. Straighten your arm with the palm facing up and the back of the hand towards the floor.
2. Use your other hand to gently extend your wrist, pointing your fingers downwards and towards you.

Your other hand. Move at the wrist; keep the elbow straight without locking it.

Sets | Repetitions | Times/day

Equipment / adjustments: