

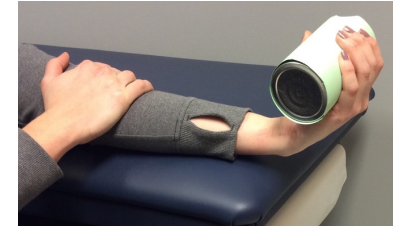
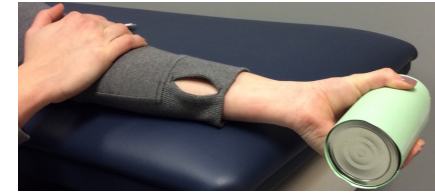
Rehabilitation Exercises for Lateral Epicondylitis



Wrist Flexion/Extension Stretches



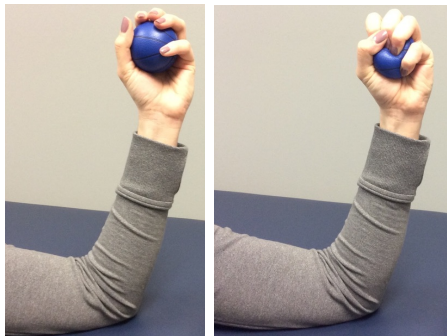
Wrist Pronation/Supination With A Hammer



Wrist Flexion/Extension With A Weight



Wrist Flexion/Extension Against A Wall



Grip Strengthening Exercises



Ice-Friction Massage: Apply using overlapping circular or longitudinal strokes; once the skin is numb to fine touch treatment ends (7-10min). May use a paper cup filled (2/3 full) with frozen water and later remove top portion of the paper, leaving bottom portion of cup to act as a handle