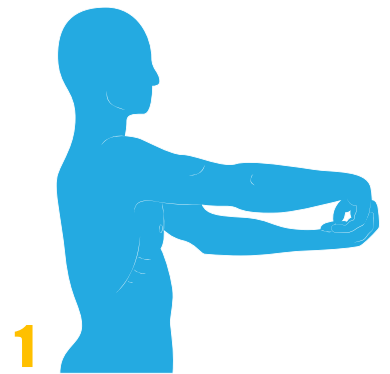


# Exercises for Tennis Elbow

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

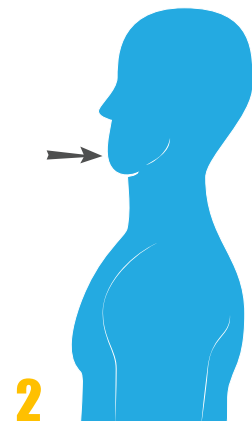
## 1. Tennis Elbow Stretch

- Keep arm straight in front of you.
- Slowly bend wrist down using other hand to feel stretch.
- Hold for 15 seconds and repeat 4 times.



## 2. Chin Tucks

- Sit straight with shoulders back slightly.
- Tuck in chin to feel stretch.
- Hold for 2 seconds and repeat 10 times.



## 3. Shoulder Blade Squeezes

- Sit straight with chin tucked in and shoulders back.
- Slowly squeeze shoulder blades together.
- Hold for 5 seconds and repeat 10 times.

