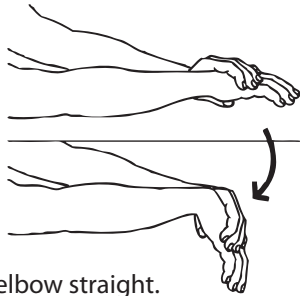


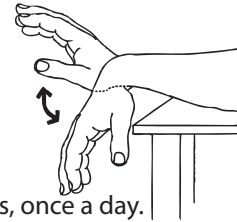
Lateral Epicondylitis

Stretch Wrist Extensors Straight Arm



- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

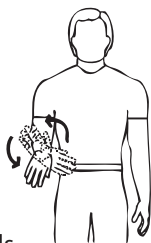
AROM Wrist Flex



- Place forearm on table, hand off edge, palm down as shown.
- Move hand upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Wrist Circles

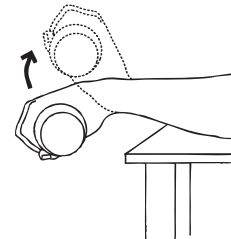
- Stand, arms at side, elbow bent to 90 degrees, palm down.
- Move wrist in circular motion, through available range.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Wrist Extension with Weight

Special Instructions

Use 0 lbs.



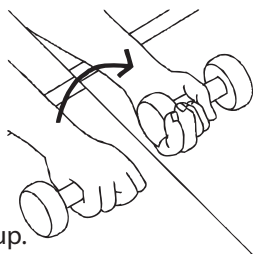
- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Slowly move wrist upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

Resist Wrist Support with Weight

Special Instructions

Use 0 lbs.

- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Slowly rotate hand to thumb up.
- Return to start position
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

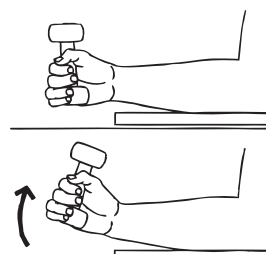


Resist Wrist Radial Dev with Weight

Special Instructions

Use 0 lbs.

- Support forearm on table or knee as shown.
- Hold weight in hand, thumb up.
- Slowly lift weight upward.
- Return to start position and repeat.
- Perform 3 set of 20 repetitions, once every other day.
- Rest 1 minute between sets
- Perform 1 repetition every 4 seconds.



Signature _____

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