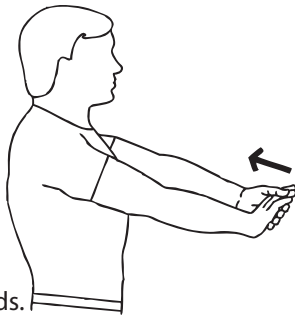


Medial Epicondylitis

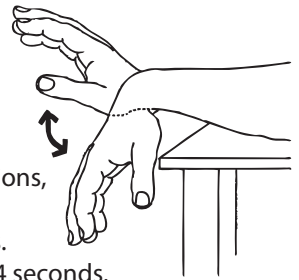
Stretch Wrist Flexors Straight Arm Pron

- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.
- Perform 1 sets of 10 repetitions, twice a day
- Hold exercise for 10 seconds.



AAROM Wrist Flex

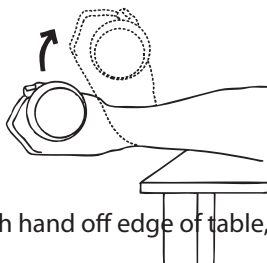
- Place forearm on table, hand off edge, palm down as shown.
- Move hand upward.
- Return to starting position.
- Perform 5 sets of 10 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Wrist Flex with Weight

Special Instructions
Use and increase weight as tolerable.

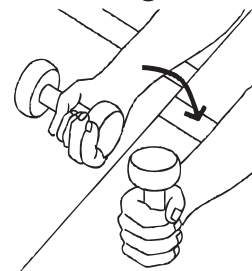
- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm up as shown.
- Slowly move wrist upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Wrist Pron with Weight

Special Instructions
Use and increase weight as tolerable.

- Support forearm on table or armchair
- Position hand palm up with weight in hand as shown.
- Slowly rotate hand to thumb up.
- 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 Ulnar Dev with Weight

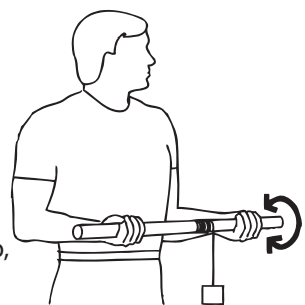
- Hold weight in hand, arm at side.
- Bend wrist backward as shown.
- Return to start position and repeat
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Resist Wrist Flex with Dowel

Special Instructions
Use and increase weight as tolerable.

- Attach weight to rope and secure with dowel.
- Using both hands, palm up, wind up the rope, then unwind it.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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