Ortho Bethesda RESTORING FUNCTION
WASHINGTON Joint Institute at OrthoBethesda
Ortho Trauma BETHESDA
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Tyler Twist Exercises for Tennis Elbow

Your therapist has recommended that you start performing the exercises pictured below. Perform 2 sets of 15, twice a day. Begin with the red FlexBar® and progress to the next color when you can easily perform 2 sets of 15. Use ice for soreness.

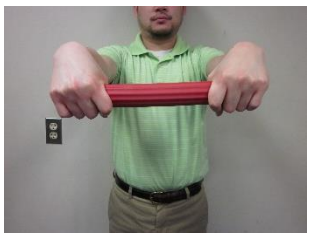
Instructions:

A. Grasp FlexBar® exerciser in front of you with the injured side and extend your wrist.
B. Grasp the upper end of the bar with your other hand facing away from you.
C. Twist the bar with the top hand facing away from you.
D. Hold both wrists steady as you extend both elbows in front of you. The wrist on your injured side should be extended and the other wrist flexed.
E. Slowly release the bar with your injured side while maintaining tension with the uninjured side.


A

B

C

D

E

- Below is a link to amazon where you can purchase the red TheraBand FlexBar®.

  https://www.amazon.com/TheraBand-Resistance-Epicondylitis-Tendonitis-Tendinitis/dp/B01A58F934/ref=sr_1_19?ie=UTF8&qid=1487095817&sr=8-19-spons&keywords=theraband+flexbar&psc=1