

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:

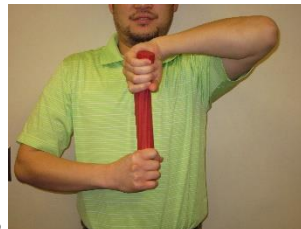
- A. Grasp FlexBar® exerciser in front of you with the injured side and extend your wrist.
- B. Grasp the upper end of the bar with your other hand facing away from you.
- C. Twist the bar with the top hand facing away from you.
- D. Hold both wrists steady as you extend both elbows in front of you. 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



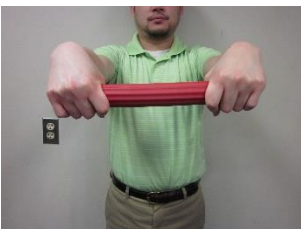
B



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