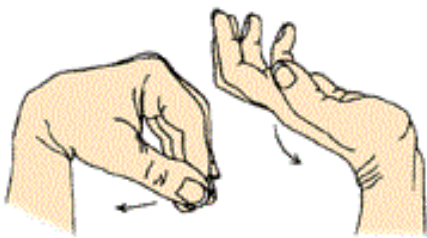
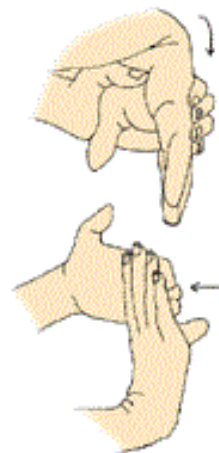


## Lateral Epicondylitis (Tennis Elbow) Exercises



Wrist range of motion



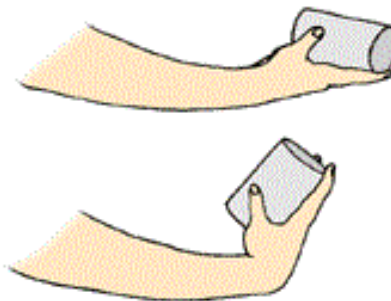
Wrist stretch



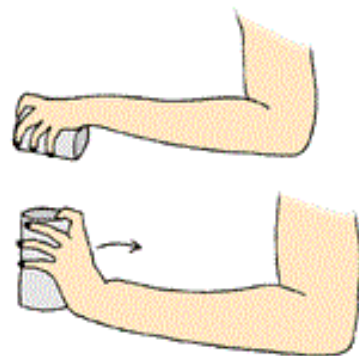
Pronation and supination of the forearm



Elbow range of motion



Wrist flexion exercise



Wrist extension exercise