

Tennis Elbow Treatment

**You will need a flexbar for this treatment. Contact [Dr. K](#) to purchase one.



Pictures and instructions presented on this page are from the Theraband academy website

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 as you stabilize with the bottom hand

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.

Repeat 10-15 times up to 3 times a day. Begin with the red FlexBar and progress to the next color when you can easily perform 3 sets of 15. Use ice or Biofreeze for any soreness.

Tennis Elbow Treatment

In addition to the Tyler Twist please follow these guidelines to help heal faster.

- 1) Reduce grip strength
- 2) Increase water consumption
- 3) Perform gentle slow stretching of forearm
- 4) Use a gua sha blade to treat the area as shown in our office visit.