

**Tennis Elbow**

Pennine Acute Hospitals NHS Trust  
Physiotherapy Department

Provided by NMGH 2  
Provided for

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**Discomfort whilst doing your exercises is normal, as is discomfort for a short while afterwards.**

**If you continue to experience a marked increase in pain for longer than an hour after exercising, try reducing the repetitions or the weight you are using.**



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Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. Gently assist the movement with your other hand.  
Hold  30  secs.

Repeat  3  times.



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Note: In this exercise the point is to avoid actively bending your wrist upwards. Therefore, the other hand is used to bend the wrist and bring the dumbbell to the upper position.

Sit beside a table with your lower arm supported on the table. Hold a dumbbell (or use a bottle of water/other weighted object) with your palm facing down and your wrist over the edge of the table. Your wrist is bent upwards.

Slowly lower the dumbbell down. With the assistance of your other hand, return to the starting position by lifting the dumbbell and bending the wrist upwards.

Repeat  10  times.

Gradual increase the weight you are using as your pain allows.