

TheraBand FlexBar® Tyler Twist for Tennis Elbow

This eccentric exercise for the wrist extensors was shown to be effective for tennis elbow pain



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.