



## **Eccentric exercise for Tennis Elbow**

This exercise helps to strengthen the muscles and tendons that become weak when you have a tennis elbow. 'Eccentric exercise' is when the muscle you are working 'lets out' under control. This type of muscle strengthening is very effective but needs to be done carefully. Your physiotherapist will show you how to perform this exercise correctly.



### ***Starting position***

Sit with the wrist of the affected arm over the side of a table. Hold a small weight loosely in your hand. Use your opposite hand to lift the wrist up in to an extended position as shown. This is the start position.



### ***Action***

Slowly lower the weight to the floor, allowing your wrist to bend over the edge of the table.

**Note** – Return to the starting position by lifting the wrist up with the other hand. It is important NOT to use your muscles to lift the wrist to the starting position as this will overload the tendon and the muscle at the site of the injury.

repeat \_\_\_\_ times on the \_\_\_\_ arm / both arms

Use a weight of \_\_\_\_\_

Do \_\_\_\_\_ x / day