

TENNIS ELBOW STRETCHES

This condition is the opposite of a golfer's elbow. It is caused by repetitive stress to the muscles on the back of the forearm (generally, the outside of the elbow when the palm faces forward). The tighter muscles pull the tendon from where it attaches to the bone and creates inflammation. Ice, stretching, and rest are excellent ways to start rehabilitation. Chiropractic care can improve elbow, shoulder, and neck mechanics to promote healing. Recent studies have found that corticosteroid injections should be used to treat this condition as a last resort only. Weakened muscles and tendon ruptures can happen as a result.

The "Super Six Rules" to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Neck Stretch



Back of Neck Stretch



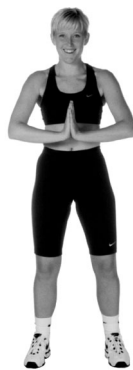
Back of Shoulder Stretch



Tricep Stretch



Shoulder /Rotator Cuff Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Wrist Extension Stretch



Wrist Flexion Stretch



Bottom of Wrist Stretch



Top of Wrist Stretch



Open Hand Stretch

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