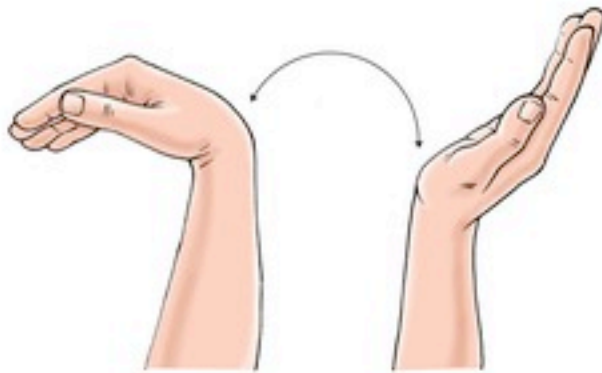
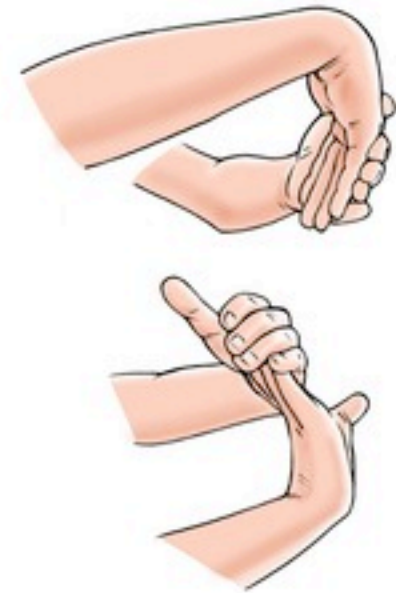


Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion:
Flexion and extension



Wrist stretch



Forearm pronation and supination



Eccentric wrist flexion



Eccentric wrist extension



Grip strengthening



Forearm pronation and
supination strengthening



Resisted elbow flexion
and extension