



Tennis elbow
stretch

Where you feel the stretch might vary, but if done correctly you will stretch all the relevant portions of the muscle. Hold this position for 20-30 seconds, feel a tension in the forearm. Be sure to keep your elbow straight throughout.

Try doing 3 to 5 exercises at a time, holding for 20-30 seconds. You can repeat this again at intervals in the day.



Eccentric elbow
extension

Start with a very light object. On a very painful tennis elbow, simply the weight of a rolling-pin or a drinks-can might be enough stress to start-with. Just follow the same technique as demonstrated in the video below, and build up the weight gradually. Support the forearm for better results, try resting your forearm on your thigh or a bench surface. Slow and steady wins the race! Try 3-5 repetitions a few times a day. Start cautiously and build up the frequency of exercise gradually.



thoracic rotation
side-lying

Start by lying on your left side, knees bent and hips raised, hands clasped. Raise your right hand and turn your body to the right at the same time so that your upper body turns towards the right side. Keep moving as far as you can go without straining. You either keep your right hand rested against your trunk as you turn ([as in the video](#)) or try to place your right hand over on the floor to the side of you (as in the illustration). Repeat this 10 times or so, and try 2 -- 3 sets to each side.