



HEALING HANDS PHYSIOTHERAPY

Practice No. 072 000 0422940

P.O Box 4445, Walvis Bay; Tel 067 240 871, Fax: 067 240 872,

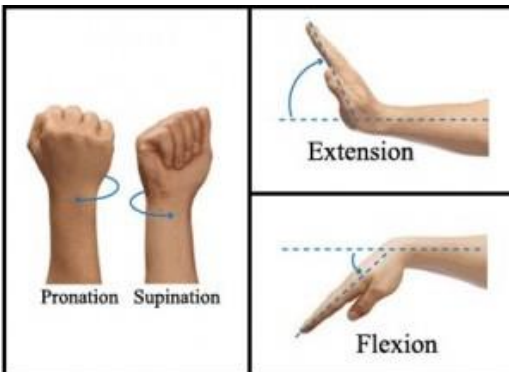
Cell: 0818690727, E-mail: healinghandsqfn@gmail.com

Medial Epicondylitis exercises

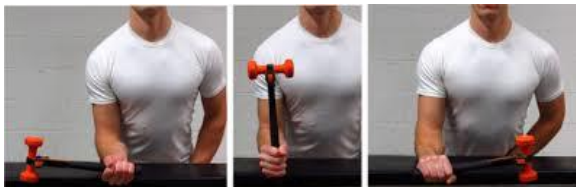
1. Grip strengthening



2. Wrist active movements



3. Resisted supination and pronation



4. Resisted flexion and extension



5. Calf raises



