

# ***HERTFORD / STEVENAGE CHIROPRACTIC CLINIC***

## **TENNIS/GOLFERS ELBOW STRETCHES**



For tennis elbow, starting with your elbow bent, now use your other hand to bend your wrist forward.



Now, keeping your wrist bent forward, straighten your arm at the elbow. Rotate to get the crook of your arm facing upwards. Repeat 3 times.



For golfer's elbow, start in the same position, but this time bend the wrist backwards.



Now straighten your elbow to feel the stretch. Repeat 3 times.