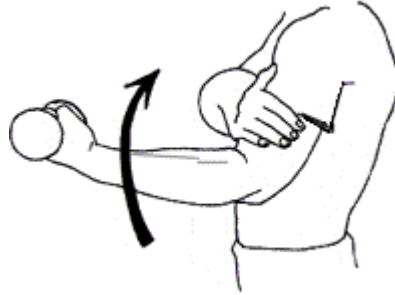
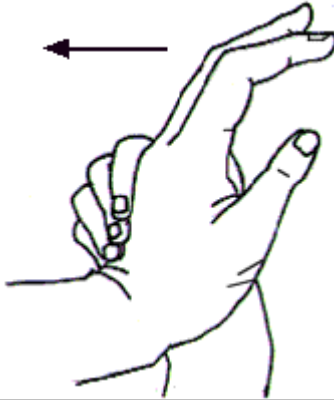


Golfer's Elbow Program



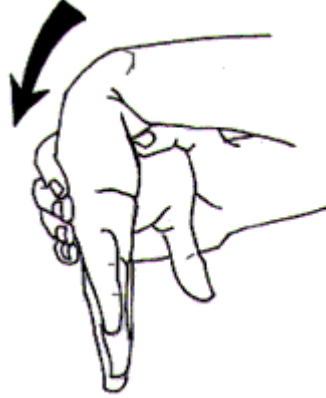
STANDING OR SITTING WITH YOUR ARM AT YOUR SIDE CURL YOUR FOREARM AND HAND UP AS FAR AS POSSIBLE AND THEN SLOWLY RETURN TO THE STARTING POSITION. THE ARM IS STATIONARY THROUGHOUT THE EXERCISE WHILE YOUR FOREARM AND HAND MOVE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	2-3lbs.1-2kgs
Sessions:	2 /day		



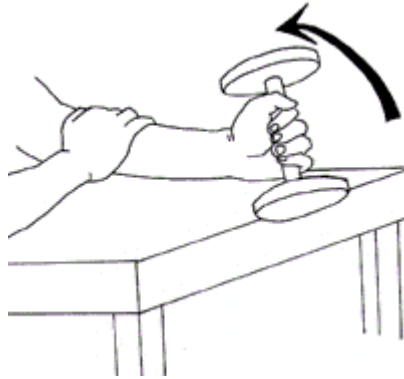
WITH THE PALM DOWN GRAB THE INVOLVED HAND AND GENTLY BEND THE WRIST UP UNTIL A STRETCH IS FELT.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



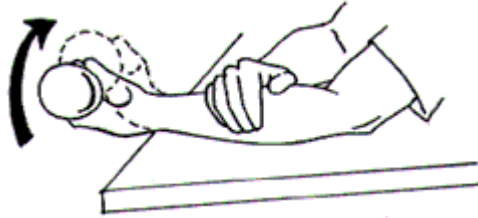
WITH THE PALM DOWN GRAB THE INVOLVED HAND AND GENTLY BEND THE WRIST DOWN UNTIL A STRETCH IS FELT.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



WITHOUT MOVING THE FOREARM LIFT THE WRIST AND HAND UP AS FAR AS POSSIBLE AND THEN LOWER IT DOWN AS FAR AS POSSIBLE. NOTE THE PALM FACES INWARD.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	2-3lbs.1-2kgs
Sessions:	2 /day		



SUPPORT YOUR FOREARM ON YOUR THIGH OR A TABLE. PLACE YOUR PALM UP AND GENTLY BEND THE WRIST UP WHILE HOLDING A HAND WEIGHT. NOTE THAT THE FOREARM DOES NOT MOVE-ONLY YOUR WRIST AND HAND.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day