Tennis Elbow Rehabilitation

कोहनी के दर्द की कसरतें

Most people with tennis elbow have never held a racket. Five simple exercises — using a band, a ball and a water bottle — to calm it down.

5	5 min	1
exercises	guided session	parts

Tennis elbow (lateral elbow pain) comes from overloading the muscles that lift the wrist and fingers — typing, lifting bags, wringing clothes, using tools. You don't need to play tennis to get it.

The fix is to gradually make those tendons stronger. These five exercises use everyday things — a rubber band, a soft ball and a small water bottle — and finish with a steady isometric hold that many people find eases pain.

The routine

Stretch, strengthen, hold



Sets	Reps	Equipment
3	10	None

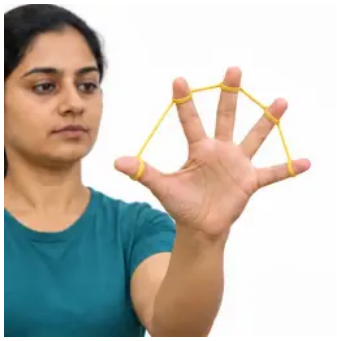
Exercise 01

Long Finger Extensor Stretch

कलाई का खिंचाव

How to perform

1. Arm straight in front, palm down.
2. Make a loose fist and bend the wrist down.
3. With the other hand press the fist gently down to feel a stretch along the top of the forearm.
4. Release.



Sets	Reps	Equipment
3	10	Resistance band

Exercise 02

Finger Muscle Strengthening

रबर बैंड से उँगलियाँ फैलाएँ

How to perform

1. Place a rubber band around your thumb and fingers.
2. Spread them apart against the band, then slowly bring them back together.



Sets	Reps	Equipment
3	10	Water bottle, Table

Exercise 03

Wrist Extensor Strengthening

बोतल से कलाई उठाएँ

How to perform

1. Sit with your forearm on a table, palm down, wrist over the edge.
2. Hold a light water bottle.
3. Lift the wrist up, then lower slowly.
4. Keep the forearm on the table.



Sets	Reps	Equipment
3	10	Soft ball

Exercise 04

Gripping Exercise

गेंद दबाएँ

How to perform

1. Hold a soft ball.
2. Squeeze it with your fingers, then relax the grip.



Exercise 05

Isometric Wrist Extensor Hold

कलाई स्थिर रखें

Hold	Reps	Equipment
45 sec	5	Water bottle, Table

How to perform

1. Forearm on the table, palm down, wrist over the edge.
2. Hold a 250 mL water bottle and keep the wrist steady in line with the forearm.
3. Then release.

When to stop

If pain is sharp, keeps increasing, or you notice tingling or weakness in the hand, stop and consult your doctor.

These guides support — they don’t replace — the plan from your own doctor or physiotherapist.
Voice-guided sessions are on the Monica Singh website and app.