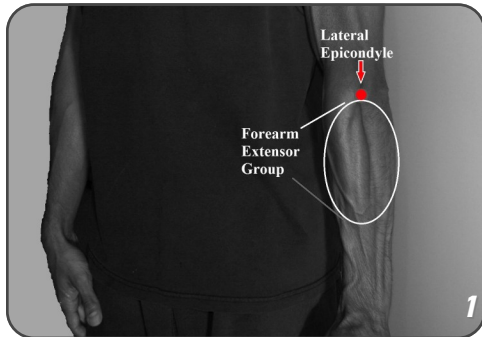
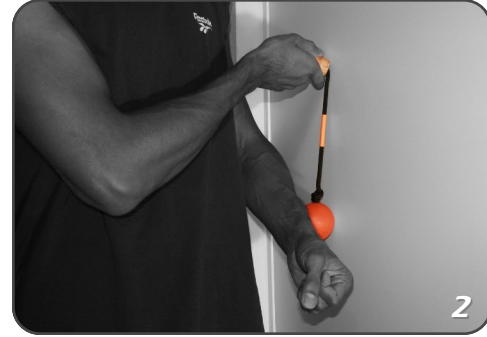


THE TENNIS ELBOW TECHNIQUE

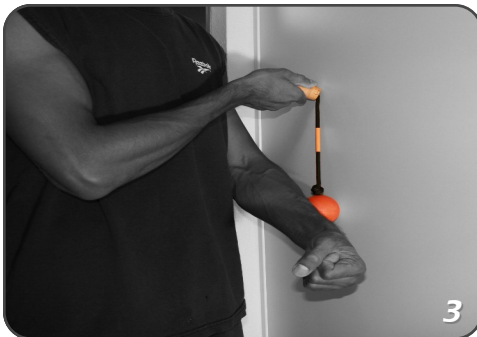
Featuring "The Ball"



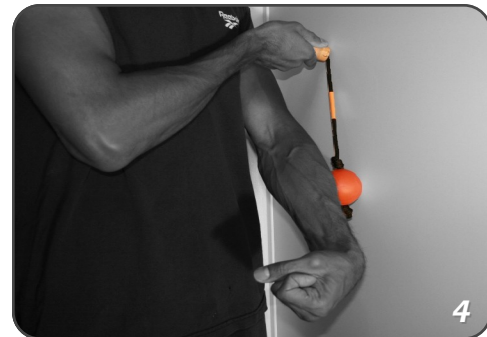
1. LOCATE— Find the muscles just below the lateral epicondyle. Note the shape and direction of the muscles. This is the area that will be massaged using the Ball.



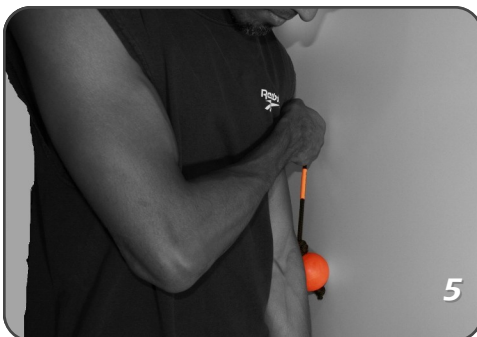
2. PIN—Stand next to wall and use your forearm to pin the ball against the wall as in the picture. Palm should be facing towards you. Ball should be placed about halfway up forearm.



3. ROLL—Apply a slight tension to the cord to keep Ball in place. Roll forearm over Ball from wrist to elbow, while flexing wrist at the same time. To add more focused pressure to trigger point, lean your body against your forearm.



4. HOLD—The end range of motion should be with wrist fully flexed as shown above. Pause in this end position just below the lateral epicondyle for 20-30 seconds.



5. REPEAT— Try to work the entire forearm extensor group in this way. Shift positions and use bodyweight to lean into and stabilize the point.

BENEFITS

- ⊕ Relieve tennis elbow the proper way
- ⊕ Prevent microtears of tendons
- ⊕ Reduce wrist and elbow strain
- ⊕ Keep forearm extensors limber
- ⊕ Treat wrist pain and carpal tunnel
- ⊕ Prevent injury
- ⊕ Provide relief from overuse or repetitive stress