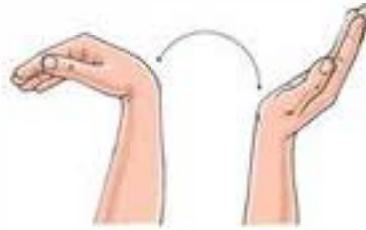


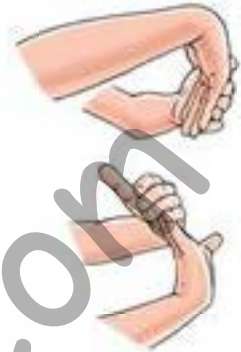
Golfer's Elbow (Medial Epicondylitis) Rehabilitation Exercises



Mid Trap Exercise



Wrist Active Range of Motion Flexion and Extension



Wrist Stretch



Forearm Pronation and Supination



Excentric Wrist Flexion



Eccentric wrist extension



Grip strengthening



Forearm pronation and supination strengthening



Resisted elbow flexion and extension