

Golfer's elbow stretch



Fig A.



Fig B.

Start with your elbow straight, palm up, and shoulder relaxed (Figs A and B).



Fig C.



Fig D.

Cup your hand around the wrist (Fig C) and slowly apply a gentle stretch by pressing the hand back towards you (Figs D and E).

Maintain a straight elbow at all times.

Hold the stretch and repeat as directed by your physiotherapist.



Fig E.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.