

The Tyler Twist using the Thera-Band® FlexBar

Clinically-proven Eccentric Exercise for
Lateral Epicondylitis (Tennis Elbow)

Step 1

- The FlexBar is held in the involved wrist in maximal extension
- This 'loads' the involved wrist without gravity



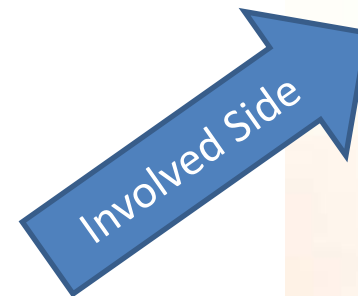
Step 2

- Grasp other end of FlexBar with the other hand facing away
- Keep involved wrist in extension



Step 3

- Twist the FlexBar by flexing the uninvolved wrist, while keeping the involved wrist in extension
- This 'loads' the involved wrist



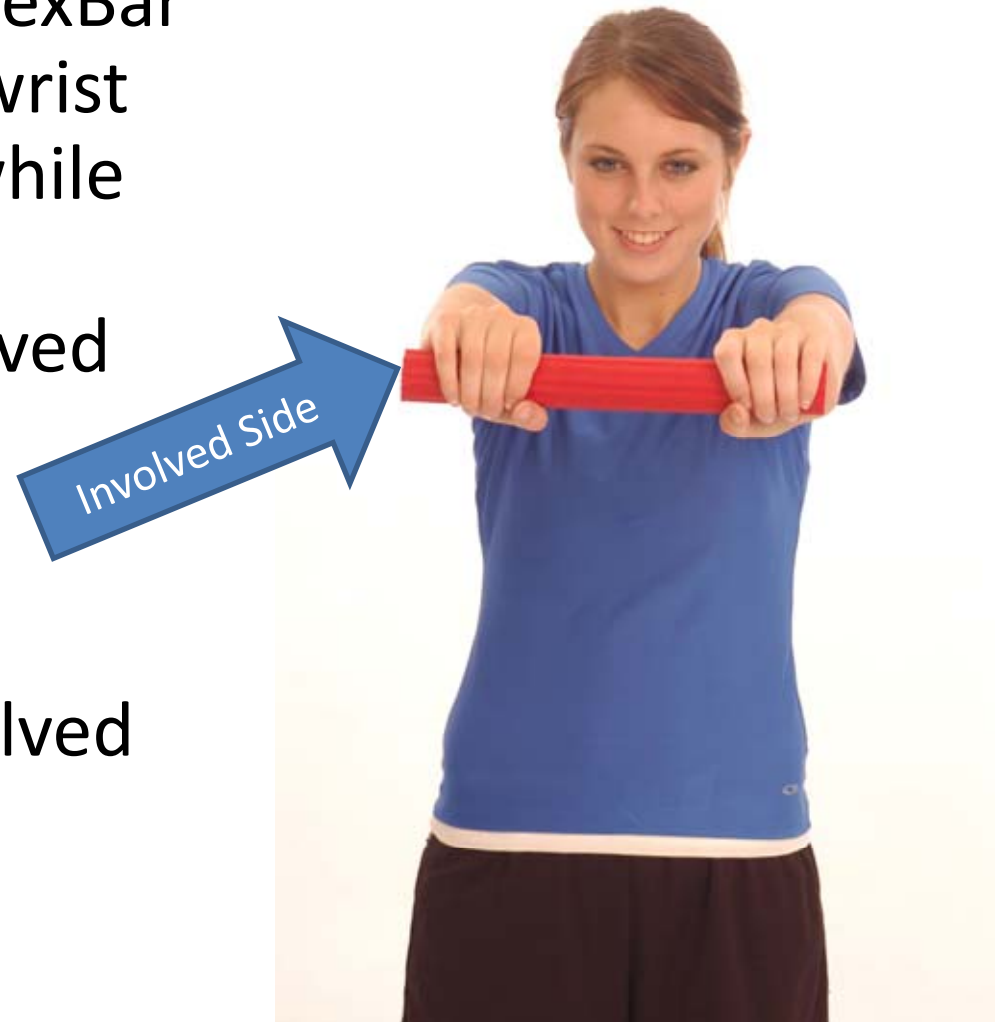
Step 4

- Bring both arms in front of body at shoulder level with elbows straight
- Keep involved wrist in full extension and uninvolved wrist in full flexion



Step 5

- Slowly “untwist” the FlexBar allowing the involved wrist to move into flexion, while maintaining the flexed position of the uninvolved wrist
- This is an eccentric contraction of the involved wrist extensors



Protocol

- Perform exercise for 3 sets of 15, every day.
- Progress to the next color FlexBar when the exercise feels easy

