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.