



Figure (A) Rubber bar held in involved (right) hand in maximum wrist extension. (B) Other end of rubber bar grasped by noninvolved (left) hand. (C) Rubber bar twisted by flexing the noninvolved wrist while holding the involved wrist in extension. (D) Arms brought in front of body with elbows in extension while maintaining twist in rubber bar by holding with noninvolved wrist in full flexion and the involved wrist in full extension. (E) Rubber bar slowly untwisted by allowing involved wrist to move into flexion, ie, eccentric contraction of the involved wrist extensors.

Appendix 1. Tyler twist physiotherapy exercises for tennis elbow. Reproduced with permission from Tyler TF, Thomas GC, Nicholas SJ, et al. Addition of isolated wrist extensor eccentric exercise to standard treatment for chronic lateral epicondylitis: a prospective randomized trial. *J Shoulder Elbow Surg* 2010;19:917-22.