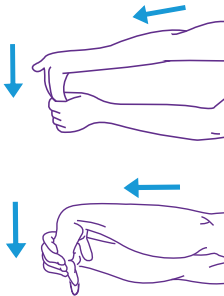


Exercises for the elbow

Elbow stretches/range of motion

Forearm/elbow stretch

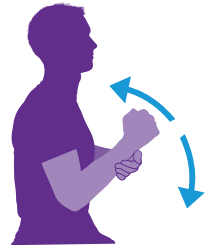
While standing or sitting, hold your arms out, keeping your elbows straight. With your opposite hand, pull your fingers back with your palm facing up. Next, with palm facing down, pull fingers in toward wrist.



Hold each stretch for 30 seconds. Repeat 3 times, _____ times per day.

Elbow-assisted flexion and extension

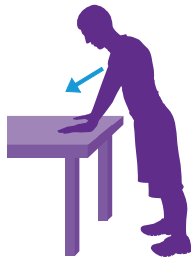
While sitting, hold the wrist of your affected arm with your good hand. Assist in the flexion and extension of your elbow by pulling your hand to each shoulder. Hold at your end-range flexion and extension for at least 2 to 5 seconds.



Hold each stretch for 30 seconds. Repeat 3 times, _____ times per day.

Standing wrist flexion/extension stretch

While standing with your hands flat on the table and your elbows locked straight, lean forward, using your weight to feel the stretch. Next, put the back of your hands on the table so your palms touch your wrist and lean forward.



Hold each stretch for 30 seconds. Repeat 3 times, _____ times per day.

Supination and pronation

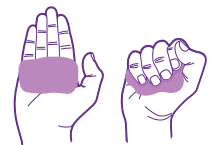
While sitting, hold your affected arm at your side and bend your elbow to 90 degrees. Then rotate your palm up (supinate), to thumb up (neutral) and finally palm down (pronate). Hold each rotation for 2 seconds.



Repeat 10 times for 3 sets, _____ times per day.

Grip squeeze

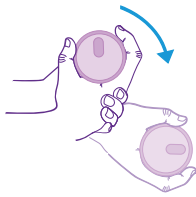
Hold a wad of putty, modeling clay or a stress ball. Squeeze as hard as you can.



Hold squeeze for 5 seconds. Repeat 10 times, _____ times per day.

Eccentric wrist flexion

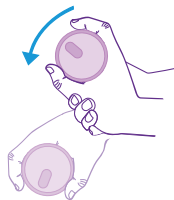
Sit or stand with your forearm supported. Holding a light weight, slowly support the back of your wrist with the opposite hand and bend your palm up toward you and slowly lower to start position without support from the other hand.



Use an empty or full can, resistance band, or a light dumbbell. Repeat 10 times for 3 sets, _____ times per day.

Eccentric wrist extension

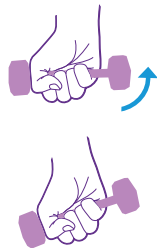
Sit with your forearm supported or stand. Using a light weight, slowly support your palm with the opposite hand and bend the back of your wrist up toward you, then slowly lower to start position without support from the other hand.



Use an empty or full can, resistance band, or a light dumbbell. Repeat 10 times for 3 sets, _____ times per day.

Wrist ulnar deviation

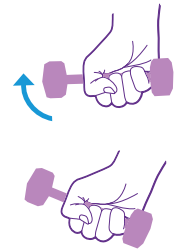
Sit or stand with a light hammer or dumbbell and your arm straight at your side. Slowly bend the pinky side of your wrist up behind you. Hold for 2 seconds and slowly lower back to starting position.



Repeat 10 times for 3 sets, _____ times per day.

Wrist radial deviation

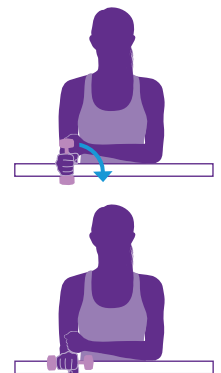
Stand or sit with a light hammer or dumbbell and your arm straight at your side. Slowly raise the thumb side of your wrist up in front of you. Hold for 2 seconds and slowly lower back to starting position.



Repeat 10 times for 3 sets, _____ times per day.

Weighted pronation

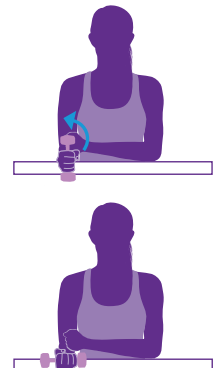
Sit with your forearm supported on a table, your hand over the edge, and your palm facing up toward the ceiling. Holding a hammer or light dumbbell, start in a thumb-up position and turn your palm down.



Hold for 2 seconds. Repeat 10 times for 3 sets, _____ times per day.

Weighted supination

Sit with your forearm supported on a table, your hand over the edge, and your palm facing up toward the ceiling. Holding a hammer or light dumbbell, start in a thumb-up position and turn your palm up.



Hold for 2 seconds. Repeat 10 times for 3 sets, _____ times per day.

Questions?

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