



Rehabilitation Exercises for Elbow Injuries

If instructed by your medical doctor, you may begin these exercises when the pain has started to decrease.

Elbow Stretch: Hold your injured arm at shoulder level in front of your body with the elbow straight. With your fist clenched, flex the wrist as far as possible. Return the wrist to a neutral position, and alternately turn the arm inward with a flexed wrist and then outward with an extended wrist. Repeat 10 times, do 3 sets of 10.



Wrist Range of Motion: Bend your wrist forward & backward as far as you can. Repeat 10 times, do 3 sets of 10.



Forearm Range of Motion: With your elbow at your side and bent 90 degrees, bring your palm facing up and hold for 10 seconds. Slowly turn your palm facing down and hold for 10 seconds. Repeat this 10 times. Do 3 sets.



Elbow Range of Motion: Gently bring your palm up toward your shoulder bending your elbow as far as you can;



then straighten your elbow out as far as you can. Repeat 10 times, do 3 sets.

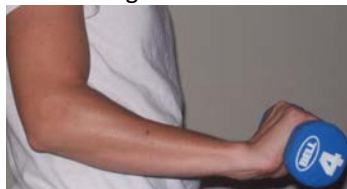


Wrist Strengthening:

- A. Wrist flexion: Hold a small weight or hammer handle with your palm *up*. Slowly bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times, do 3 sets of 10. *Gradually increase the weight you are holding.



- B. Wrist extension: Hold a small weight or hammer handle with your palm *down*. Gently bend your wrist up. Slowly lower the weight and return to the starting position. Repeat this 10 times, do 3 sets of 10. *Gradually increase the weight you are holding.



- C. Wrist radial deviation: With your wrist in the sideways position and your thumb up, hold a small weight or hammer handle. Gently bend your wrist up with your thumb reaching towards the ceiling. Slowly lower to the starting position. Repeat 10 times, do 3 sets. *Do not move your forearm throughout this exercise.



Wrist Extension: Stand up and hold a broom handle in both hands. With your arms at shoulder level, elbows straight and palms down, roll the broom handle backward in your hand as if you are reeling something in using the broom handle. Repeat for 1 minute and then rest. Do 3 sets.



Pronation and Supination Strengthening: Hold a small weight or hammer handle, with your elbow bent 90 degrees. Slowly rotate your hand with palm upward and then palm down. Repeat this 10 times, do 3 sets.



Elbow Flexion and Extension Strengthening: Hold a small weight with your palm face up. Slowly bend your elbow so that your hand is approaching your shoulder and then lower it down slowly so your elbow is completely straight. Repeat this 10 times, do 3 sets. *Slowly increase the weights you are using.



Grip Strengthening: Squeezing a rubber ball or stress ball will also strengthen the injured area. If that is too difficult, start by squeezing a sponge or washcloth in water. Repeat 20 times, several times a day.



Twisting: With your arms outstretched, practice wringing out a dry towel with both hands. Repeat 20 times.

