

# BASIC ELBOW EXERCISES - RANGE OF MOVEMENT

Repeat each exercise 10 times, twice a day

## Improving the bending (flexion)

Bend the elbow as far as you can. Use the other hand to encourage further movement.



## Improving the straightening (extension)

- 1) Lying on your back, try to straighten your arm using a small weight to assist.
- 2) Hold a shopping bag for 30 seconds (increase weight as comfort allows)
- 3) Put your hands on a table with the elbows pointing forwards and the fingertips pointing towards you. Lean your weight forwards.

1)



2)



3)



## Improving the rotational movements (supination and pronation)

Keeping your elbow tucked into your side at a 90 degree angle, rotate the palm to point towards the ceiling (supination) and towards the floor (pronation).



# BASIC ELBOW EXERCISES - STRENGTHENING

Repeat each exercise 10 times, twice a day

## Biceps curls

Whilst standing or sitting, begin with your arm down by your side with your palm facing forwards. Hold a weight in your hand and bend your elbow. You could use a water bottle or tin of beans to start with.



## Triceps curls

Using a table to support yourself with one arm, hold a weight in the other arm. Lean forwards slightly. Keeping your elbow in at your side, allow your hand to drop down towards the floor then bring it back up to straighten the elbow. Repeat the movement. Add a small weight as necessary.



## Rotational strength

Keeping your elbow tucked into your side at a 90 degree angle, rotate the palm to point towards the ceiling (supination) and towards the floor (pronation). Use a weight in your hand.

## Wrist extension

With your forearm supported and the elbow bent, palm facing downwards, lift your hand up. Use your other hand for resistance if required.



## Wrist flexion

With your forearm supported and the elbow bent, palm facing downwards, take your hand down. Use your other hand for resistance if required.

