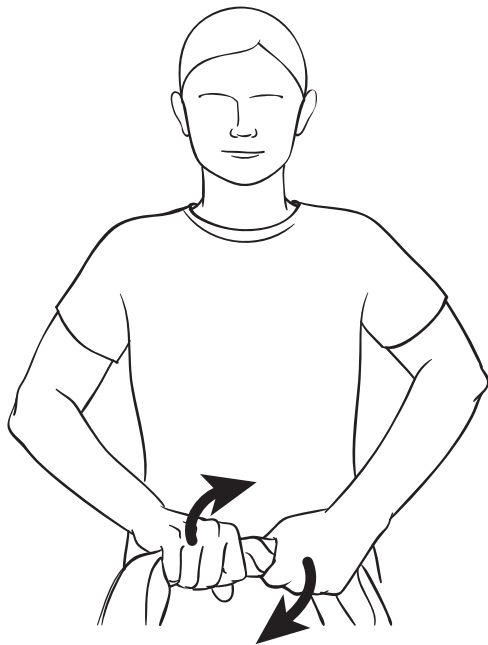
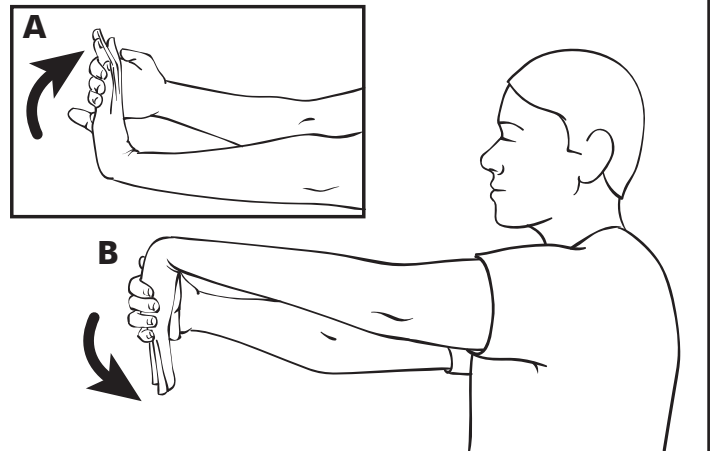


Elbow Exercises

Elbow Stretch

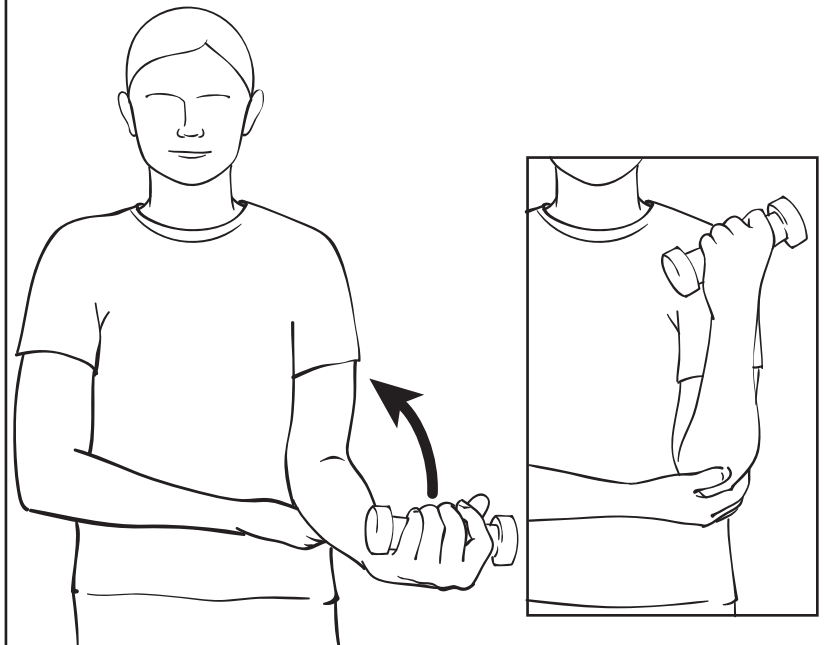
A. With the opposite hand, hold the fingers of the affected arm up and stretch for 5 seconds as illustrated. Rest for several seconds, then repeat the stretch for 10 repetitions.

B. Perform a similar stretch, but this time then the wrist of the affected arm down and hold and stretch for 5 seconds. Rest for several seconds and repeat for 10 repetitions.



Twist

Hold a towel with two hands and twist the towel to the maximum position with the hand in the opposite direction. Hold the twisted position for 5 seconds, then relaxed. Repeat for 10 repetitions.



Elbow Flexion

Hold a 5 pound weight in the hand of the affected arm and fully bend the elbow. Performed three sets of 10 repetitions and then increase weight in the hand as comfort permits.

Peter D. McCann, M.D.Chair, Department of Orthopaedic Surgery
Shoulder and Elbow Surgery
Sports Medicine

Elbow Exercises

