

'GET MOVING' - ELBOW EXERCISES

PASSIVE ELBOW FLEXION

Hold the wrist of your affected arm at your side (1). Use your unaffected arm to bend your elbow, with your palm facing up, as far as tolerated (2) hold this position for 5 to 10 seconds then to straighten it again. Repeat.

SETS & REPS: 4-6 times
FREQUENCY: 2-3 a day

ELBOW EXTENSION

From a bent position, straighten your elbow as far as you can. Pause for 5-10 seconds, then return to a bent position. Repeat. You can add some weight in your hand to increase the stretch.

SETS & REPS: 3-5 times
FREQUENCY: 2-3 a day

FOREARM STRETCH

With your elbow bent to 90° against your side (or resting on a table), turn your palm to face up (1) then to face down (2). In each position gently add over-pressure, pushing your forearm further into this position. Hold for 5-10 seconds.

SETS & REPS: 3-5 times
FREQUENCY: 2-3 a day

WALL PRESS-UP

Standing, lean forwards placing your hands on a wall just wider than your shoulders with elbows straight (1). Keep your back in a flat position and prevent it from arching. Then perform a press-up, bending only from the elbows and lower your body towards the wall (2). Push back to the start and repeat. To make this harder, place you feet further away from the wall.

SETS & REPS: x6-12 times
FREQUENCY: 1-2 a day