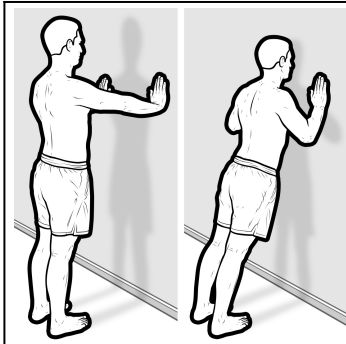


'GET STRONG' - ELBOW EXERCISES

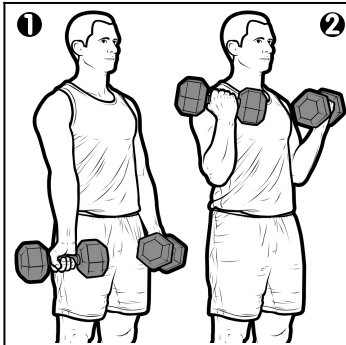


WALL PRESS-UP

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 your feet further away from the wall or do floor push ups

SETS & REPS: x6-12 times

FREQUENCY: 1-2 a day

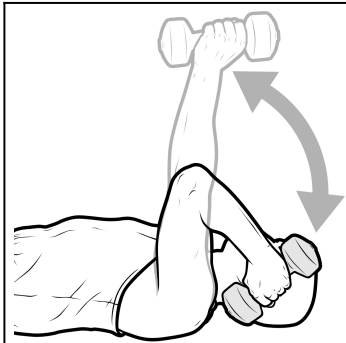


WEIGHTED BICEPS CURLS

Standing, holding dumb-bells (or any weight eg. cans/ water bottles) in each hand and your elbows in contact with your body (1), slowly bend your elbows, bringing the weight towards your shoulders (2). Slowly lower and repeat.

SETS & REPS: 6-12 times, twice

FREQUENCY: daily

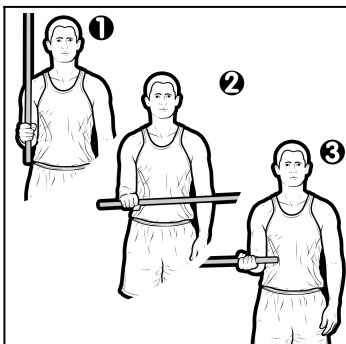


WEIGHTED TRICEPS EXTENSION

Lie on your back holding the dumb-bell (or any weight such as a can/water bottle) above your head with your elbow straight. Slowly bend your elbow, lowering the weight towards your shoulder. Straighten your elbow again and repeat.

SETS & REPS: 6-12 times, twice

FREQUENCY: daily



RESISTED PRONATION/SUPINATION

Hold a broomstick/hammer or something similar, in an upright position, elbow bent to 90° at your side (1). Rotate broomstick inwards (palm down) until broom has reached horizontal (2). Return to start position then rotate broomstick outwards (palm up) until horizontal. Repeat.

SETS & REPS: 4x8 times, twice

FREQUENCY: Daily



ISOMETRIC ELBOW EXTENSION

Sitting at a desk/table with your elbow bent to 90° and forearm placed on top of the desk (palm up). Push the forearm downwards into the desk (as if straightening at the elbow) and hold for 5-10 seconds then relax and repeat.

SETS & REPS: 4-6 times, twice

FREQUENCY: 1-2 a day

'GET STRONG' - ELBOW EXERCISES



ISOMETRIC WRIST EXTENSION

Sitting at a table with elbow bent to 90° and palm facing the floor underneath a table, push back of hand upwards into table and hold for 10 - 30 seconds. Ensure contraction is comfortable. Relax and repeat. If no table is available can use other hand as counter-force.

SETS & REPS: 3- 5 times

FREQUENCY: 1-2 daily