

Elbow exercises

Guidance on the amounts of each exercises you should aim to do are provided, but let pain be your guide and only do as much as you can within the amounts given.

Aim to do the exercises three times a day.

Elbow bend to straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain, just discomfort.

Repeat 10-15 times



Forearm rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain, just discomfort.

Repeat 10-15 times



Finger flexion and extension

Open and close your hand as shown 10-15 times.

**Hold for 5 seconds
and repeat 10 times**

