

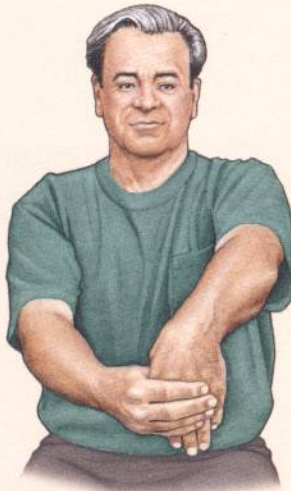
ELBOW

Exercises

These exercises stretch and strengthen your elbows. Before starting an exercise, read through all the instructions. During the exercise, breathe normally and use smooth movements. Stop if you feel any pain. If the pain persists, call your health care provider.

Wrist Flexion

- 1 Hold your hand in front of you with your palm down, elbow bent.
- 2 Grasp the back of that hand with your other hand. Pull back so that your fingers point down as you straighten your arm. Feel a stretch in your forearm and wrist. Hold for 10 seconds. Then relax.
- 3 Repeat 3 times with each hand. Do 2 sets 2 times a day.

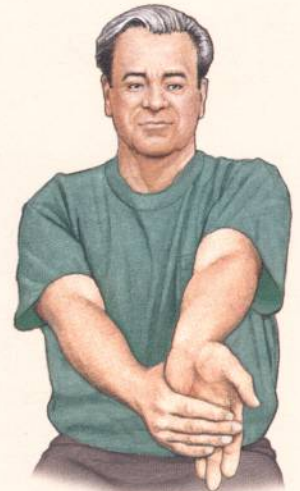


CAUTION

- Stop right away if you feel pain.
- Keep your arms in front of your body.

Wrist Extension

- 1 Hold your hand palm up in front of you with your fingers extended and elbow bent.
- 2 Grasp the palm of that hand with your other hand. Pull back so that your fingers point down as you straighten your arm. Feel a stretch in your forearm and wrist. Hold for 10 seconds. Then relax.
- 3 Repeat 3 times with each hand. Do 2 sets 2 times a day.



CAUTION

- Stop right away if you feel pain.
- Keep your arms in front of your body.

Biceps Curl

- 1 Sit straight. Grasp a ___ pound weight (or plastic tubing with one end secured under your foot) in your hand.
- 2 Keep your elbow close to your body and your wrist straight. Bend your arm, moving your hand up to your shoulder, then lower slowly.
- 3 Repeat 3 times with each arm. Do 2 sets 2 times a day.

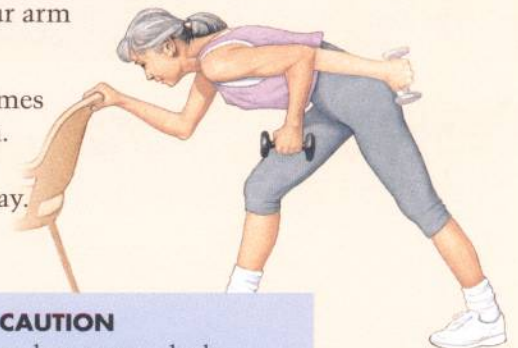


CAUTION

- Keep your wrist straight.
- Keep your head, neck, and back aligned.

Triceps Extension

- 1 Hold the back of a chair with one hand. Hold a ___ pound weight in your other hand. Bend your elbow so that your forearm is perpendicular to the floor. Bend forward from the waist, with your back flat.
- 2 Slowly straighten your elbow, extending your arm up and back.
- 3 Repeat 3 times with each arm. Do 2 sets 2 times a day.

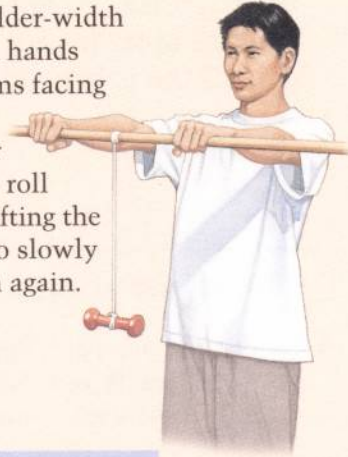


CAUTION

- Keep your elbow close to your body.
- Use slow movements. Don't swing your arm.
- Keep your head, neck, and back aligned.

☐ Wand Roll-up

- 1 Tie a 3- to 4-foot rope to a ___ pound weight. Tie the other end of the rope to the center of a broom handle or other round pole.
- 2 Stand with your feet shoulder-width apart. Grasp the pole with hands shoulder-width apart, palms facing down. Extend your arms in front of you at shoulder height. Use your wrists to roll the rope around the pole, lifting the weight up. Then reverse to slowly roll the weight back down again.
- 3 Repeat 3 times.
Do 2 sets 2 times a day.

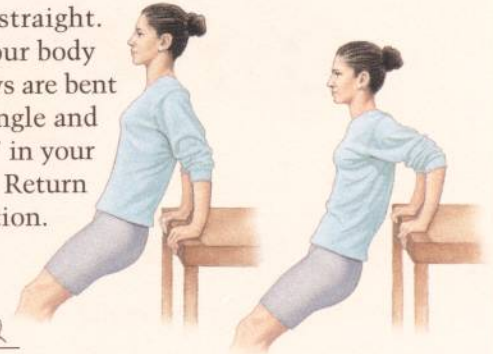


CAUTION

- Keep your elbows and back straight.
- Use slow movements.

☐ Table Dip

- 1 Stand with your back to a sturdy table or a sofa back. Grasp the edge with both hands, fingers facing out. Keep your elbows straight but not locked. Place your feet 2 to 3 feet in front of you with your legs straight.
- 2 Keep your legs straight. Slowly lower your body until your elbows are bent at a 90-degree angle and you feel a "pull" in your triceps muscles. Return to starting position.
- 3 Repeat 3 times.
Do 2 sets 2 times a day.



CAUTION

- Don't dip beyond a 90-degree angle.
- Wear rubber-soled shoes so you don't slip.

☐ Wall Pushup

- 1 Stand with your feet and hands shoulder-width apart. Place the palms of your hands on a wall. Stand an arm's length away.
- 2 Bend your elbows, keeping your knees straight and your heels on the ground. Lean forward as far as you can comfortably. Then slowly push your upper body away from the wall.
- 3 Repeat 3 times. Do 2 sets 2 times a day.



CAUTION

- Wear rubber-soled shoes so you don't slip.
- Don't arch your back.

☐ Forearm Roll

- 1 Sit, grasping a hammer or a ___ pound weight in your hand. Place your wrist, palm down, over the end of your knee.
- 2 Keeping your forearm against your thigh, rotate your hand until your palm is up. Hold for 10 seconds. Then return to starting position.
- 3 Repeat 3 times with each arm. Do 2 sets 2 times a day.



CAUTION

- Stop right away if you feel pain.
- Don't lift your elbow or forearm off your thigh.