

## ELBOW | STRETCHING EXERCISES

**Active Elbow Flexion:** Bend your elbow and try to touch the point of your shoulder. Try to keep your wrist straight. Keep your palm facing towards your face. Use your opposite hand to push gently on your wrist to increase the amount of bend achieved. Push to the point where you feel pain and back off slightly to where you feel discomfort rather than pain. Repeat this multiple times per day.

**Active Elbow Extension:** Straighten your elbow with the back of your upper arm flat on a desk or similar flat structure. Keep the palm facing upwards towards the sky. Push gently downwards on your wrist until the front of your elbow hurts. Keep the back of your upper arm touching the desk!!!

Release the pressure on the wrist until you feel discomfort instead of pain and keep the arm in this position for 30 seconds

**Rotation:** With your elbow bent to 90 degrees you will need to practice pronation and supination (twisting the palm to face the sky and then to face the ground without moving the elbow). This is done by keeping the elbow touching the side of your body and rotating the forearm and palm. Usually you will need your other hand to help force the palm into this position.

These exercises should be performed 20-30 times per day.

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