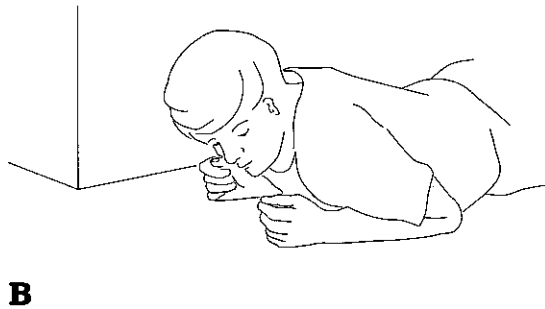
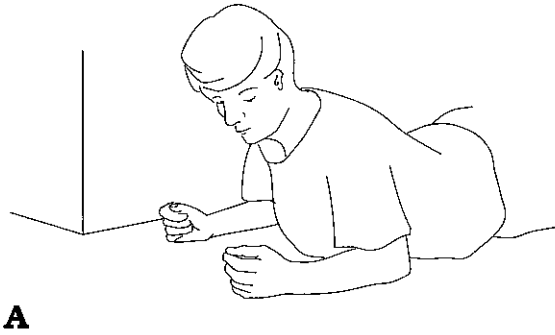


Elbow—Hints

1. Don't keep your elbows in the same position too long. Move your elbows frequently.
2. Don't carry heavy objects using your elbows as the main support.
3. Avoid any activity that causes pain.
4. Avoid sports that involve repetitive motion; this can irritate the elbow.
5. If while exercising, you initially feel pain in the elbow, apply an icepack afterwards to decrease the inflammation.
6. Warm up the elbow joint prior to activities such as tennis or other sports. See range of motion exercises in Chapter 7 for warm-up suggestions.
7. Push or pull heavy objects by using your body weight to support you. This decreases stress on the elbows.
8. When performing repetitive activities such as typing or computer work, support your upper arm at the elbow joint with a comfortable padded chair seat.
9. Avoid restrictive clothing around the elbow and shoulder areas. This may inhibit circulation in the elbow area.
10. If you have increased pain upon awakening, you may be sleeping in positions that irritate the elbow. Try supporting the elbows with pillows.

Elbow—Exercise 1



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach with your elbows bent beneath you.

Exercise: Slowly lower your upper body toward the floor until you feel a stretch in your involved elbow. Return to the starting position.

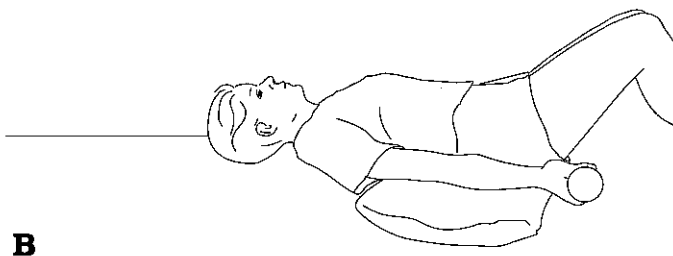
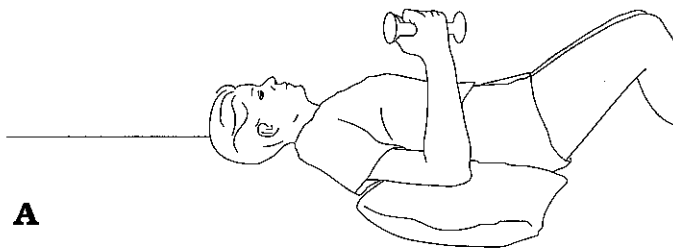
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 2



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with your involved elbow on a pillow. Involved hand is holding weight.

Exercise: Allow the weight to straighten your arm until a stretch is felt in your elbow.

Use _____ pounds.

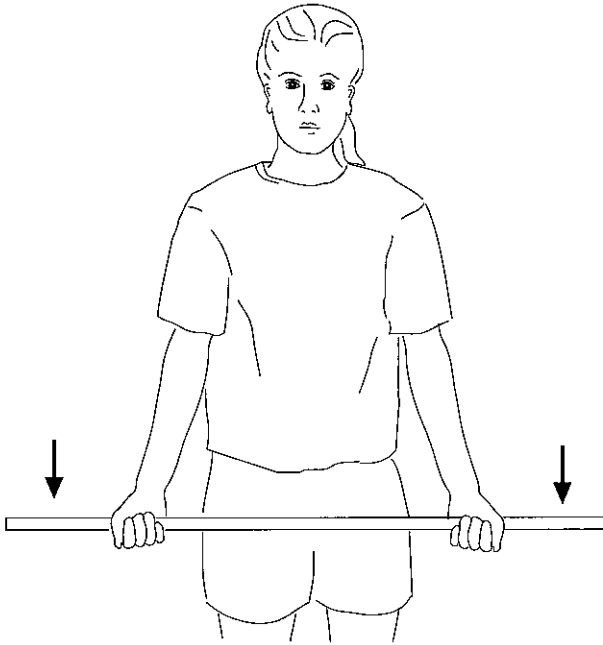
Hold _____ seconds.

Repeat _____ times.

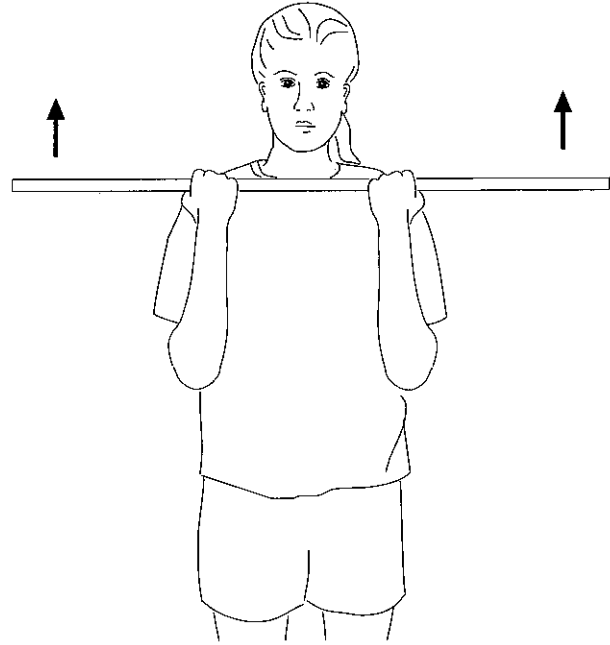
Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing. Both hands hold a cane in front of your hips. Hands should be palm up.

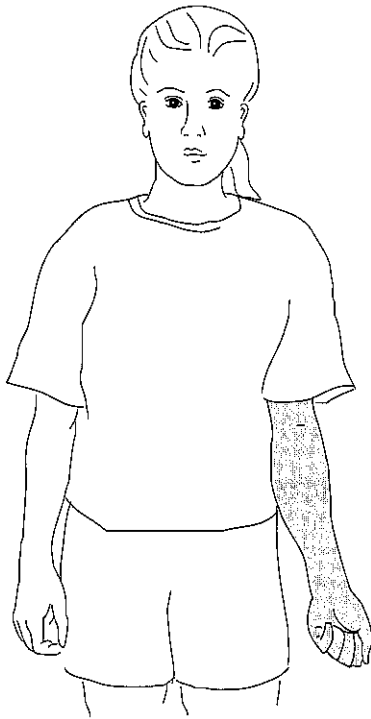
Exercise: Slowly lift the cane toward your chest as you bend your elbows. Return to the starting position.

Repeat _____ times.

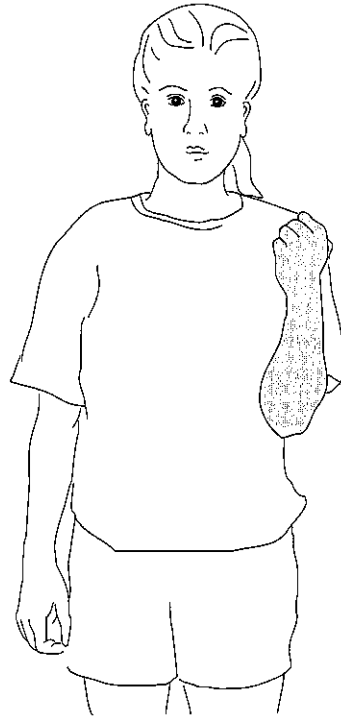
Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 4



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing, arms at your sides and involved thumb pointing toward the floor.

Exercise: Pull involved hand toward involved shoulder. Return to the starting position.

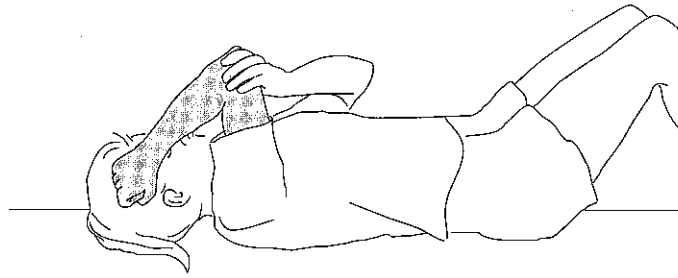
Use _____ pounds.

Repeat _____ times.

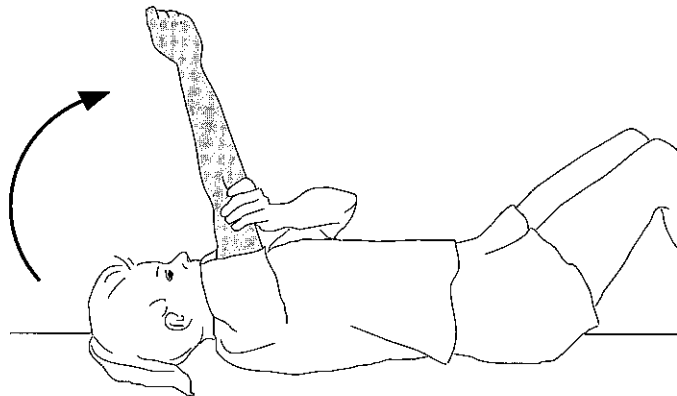
Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 5



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with involved elbow pointing toward the ceiling. Stabilize your involved elbow by placing your uninvolved hand directly below it.

Exercise: Push involved hand toward the ceiling. Return to the starting position.

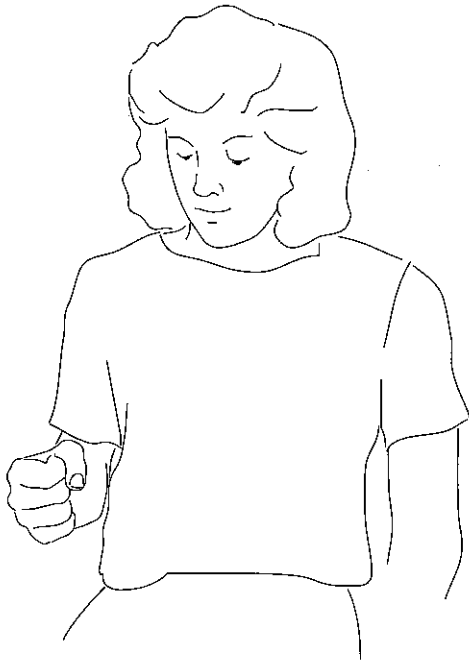
Use _____ pounds.

Repeat _____ times.

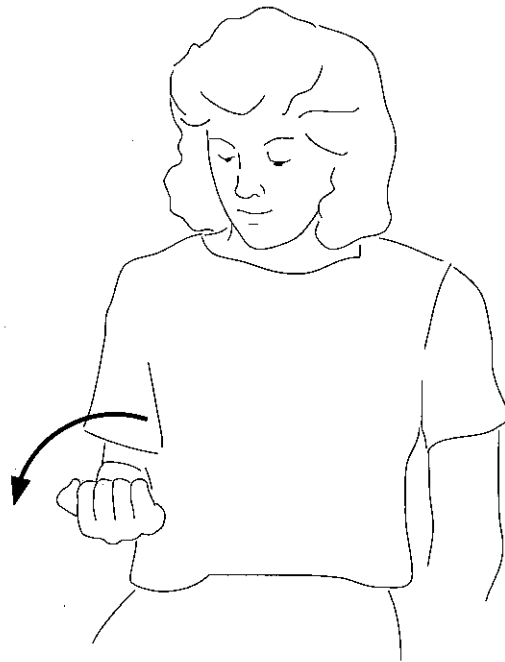
Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 6



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with involved elbow bent at 90° and thumb knuckle pointing toward the ceiling.

Exercise: Slowly turn your hand so that your palm faces the ceiling. Return to the starting position.

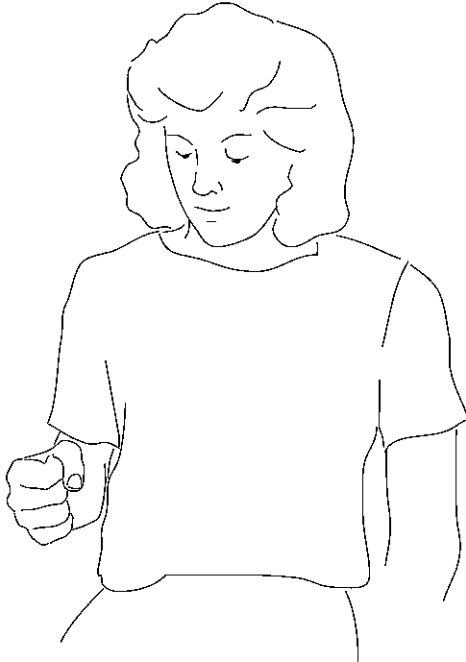
Use _____ pounds.

Repeat _____ times.

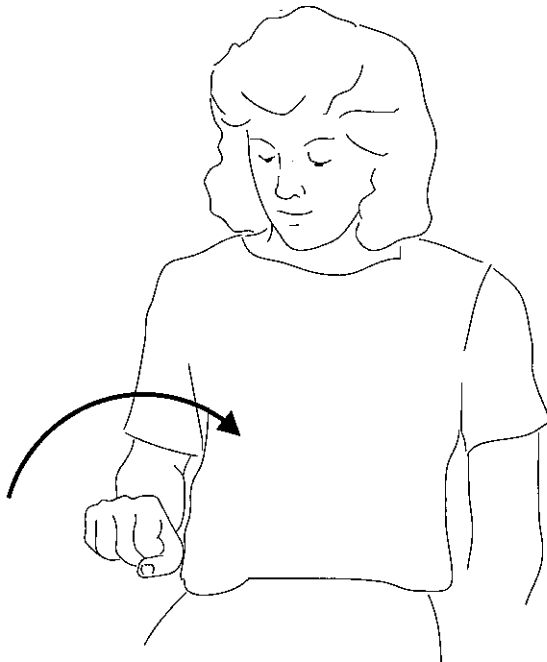
Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 7



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with involved elbow bent to 90° and thumb knuckle pointing toward the ceiling.

Exercise: Slowly turn your hand so that your palm faces the floor. Return to the starting position.

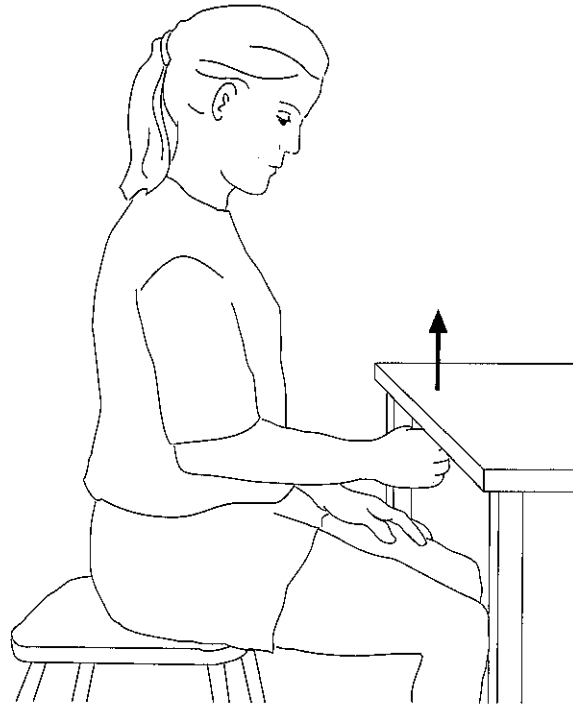
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 8



Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair facing a table with involved elbow at 90°. Place involved fist under the edge of the table.

Exercise: Pull involved fist into the edge of the table. Start with light pressure, build to maximal pressure, then return to light pressure.

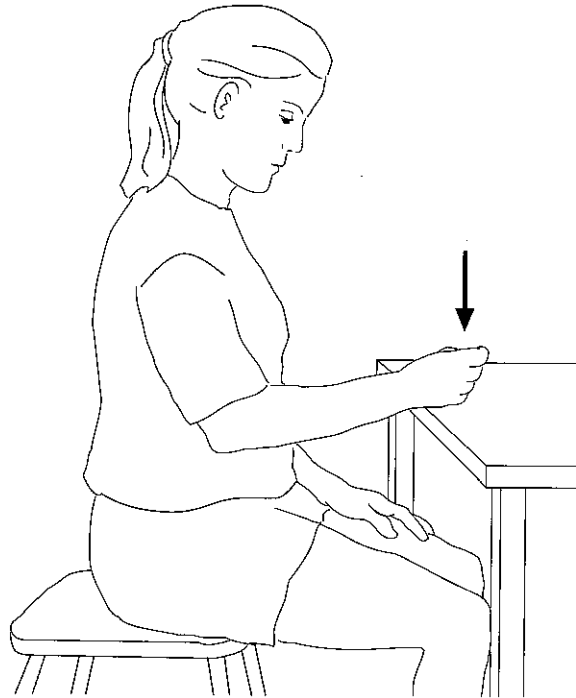
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Elbow—Exercise 9



Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair facing a table with involved elbow at 90°. Place involved fist on top of the table edge.

Exercise: Push involved fist into the table edge. Start with light pressure, build to maximal pressure, then return to light pressure.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

