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

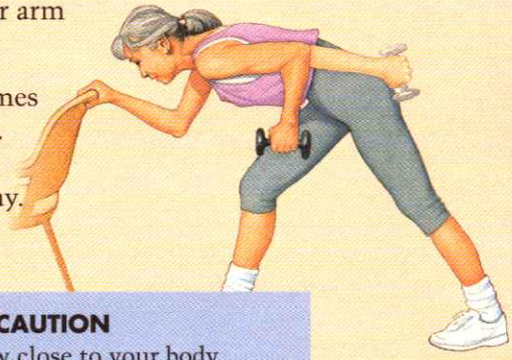
1 Sit straight. Grasp a ____ pound weight (or plastic tubing with one end secured under your foot) in your hand.

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 ~~10~~ 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.

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