

# Elbow Exercises Level 1

## Patient Information

Musculoskeletal (MSK) Physiotherapy Services



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## Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

## Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner; you should take your time and not rush. Take 30 seconds rest in between each set.

**Contact the Physio department if you find the exercises are making your pain worse overall.**

## Contact Information

### **Leigh Health Centre**

Telephone: 0300 707 1597  
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### **Therapy Department- Wrightington Hospital**

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## Elbow Level 1 – Exercises 1 to 8



### 1. Elbow Extension & Flexion

Stand or sit. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand. Hold at the end of the range for a few seconds.

Straighten your elbow and again hold at the end of the range for a few seconds.

Repeat 10 times. Sets 3.



### 2. Wrist Rotation

Stand or sit with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm. Turn your palm back over to face the floor again.

Hold each position for a few seconds and apply a gentle stretch with the other hand if you can.

Repeat 10 times. Sets 3.



### 3. Wrist Extension and Flexion

Hold the fingers of the hand to be stretched.

Gently extend the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight.

Stretch approx. 5 secs. - relax.

Let your hand drop down. Gently assist the movement with your other hand.

Hold 5 secs.

Repeat 10 times. Sets 3.





#### 4. Grip Strength

Sitting or standing. Bend your elbow.

Hold a grip strength ball, or any other object you can squeeze. Bend your fingers and squeeze the object. Hold for a few seconds then relax.

Repeat 10 times. Sets 3.



#### 5. Weighted Flexion

Stand tall (or sit) with arms straight by your side. Hold a dumbbell in one hand. A drinks bottle filled with water is a good option instead of a dumbbell.

Keep your wrist straight, arm close to your side. Bend your elbow and bring your hand towards your shoulder. Slowly return to the starting position.

Repeat 10 times. Sets 3.



#### 6. Weighted Pronation/Supination

Stand or sit with your elbow bent and palm turned down.

Hold a small weight such as a dumbbell or a bottle of water.

Turn your palm up rotating your forearm, then reverse the movement turning your palm down.

Repeat 10 times. Sets 3.



#### 7. Weighted Extension

Lie on your back with your elbow straight and your hand pointing towards the ceiling. Use a water bottle or dumbbell for resistance.

Gently bend the elbow letting your hand move towards your shoulder. Then straighten your elbow again. Keep your shoulder still.

Repeat 10 times. Sets 3.



### **8. Forward Leans.**

Leaning on a worktop or table, keep your shoulders over your hands.

Keep your elbows straight and shift your weight from side to side over each hand in turn

Repeat 10 times. Sets 3.

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Please use this space to write notes or reminders.

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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