Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Elbow Exercises Level 2

Version number: **2**
Last modified date: **12th November 2026**

Elbow Exercises Level 1

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
- Leaflet ref: Tpy 034
- Leaflet Ref: 2
- Version: Elbow Exercises Level 1
- Date Produced: January 2024
- Expiry Date: January 2026

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
Email: wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre
Telephone: 0300 707 1772

wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House
Telephone: 0300 707 1113
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital
Telephone: 01257 256305
Email: wwl-tr.therapyadmin@nhs.net

Elbow Level 1 – Exercises 1 to 8



1. Elbow Exten

Stand or sit. Gras
want to exercise.

Bend your elbow
your other hand. I
for a few seconds

Straighten your el
end of the range f

Repeat 10 times.



1. Wrist Rotatio

Stand or sit with y
turned down.

Turn your palm u
forearm. Turn you
floor again.

Hold each positio
a gentle stretch w

Repeat 10 times.





1. Wrist Extens

Hold the fingers o

Gently extend the
stretching at the i
your elbow straig

Stretch approx. 5

Let your hand dro
movement with yo

Hold 5 secs.

Repeat 10 times.

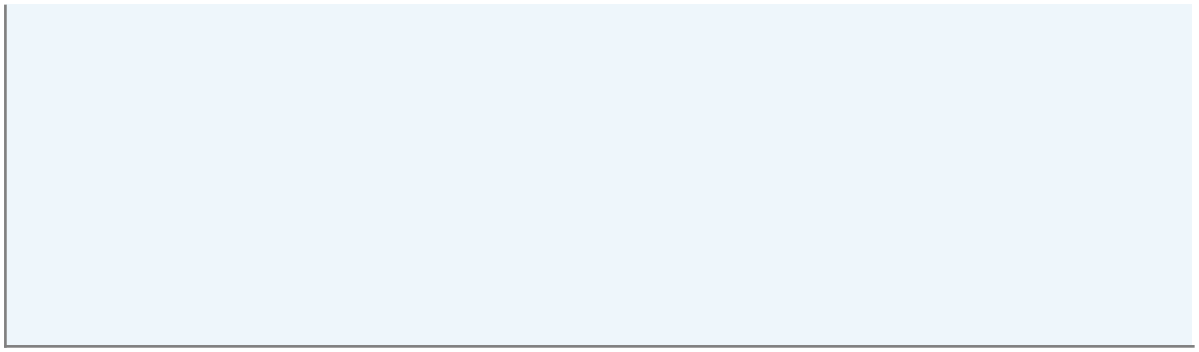


1. Grip

Sitting or

Hold a gri
you can s
squeeze
then relax

Repeat 1





1. Weig

Stand tall
side. Hold
bottle fille
of a dumb

Keep you
Bend you
your shou
position.

Repeat 1



1. Weig

Stand or s
turned do

Hold a sm
bottle of w

Turn your
reverse th

Repeat 1



1. Weig

Lie on you
your hand
water bott

Gently be
towards y
elbow aga

Repeat 1



1. Forw

Leaning o
shoulders

Keep you
from side

Repeat 1



Version number: **2**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust