



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Elbow Exercises Level 2

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 Extension

Stand or sit. Grasp the end of the range of motion you want to exercise.

Bend your elbow to the end of the range of motion with your other hand. Hold for a few seconds.

Straighten your elbow to the end of the range of motion.

Repeat 10 times.



1. Wrist Rotation

Stand or sit with your feet turned down.

Turn your palm up and down your forearm. Turn your feet back to the floor again.

Hold each position for 10 seconds. Take a gentle stretch with your hands.

Repeat 10 times.



1. Wrist Extension

Hold the fingers of

Gently extend the
stretching at the i
your elbow straight

Stretch approx. 5

Let your hand dro
movement with yo

Hold 5 secs.

Repeat 10 times.



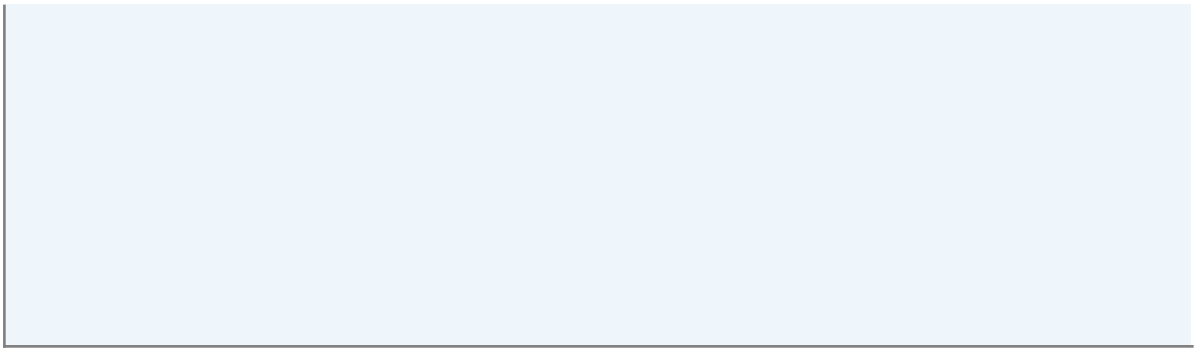


1. Grip

Sitting or

Hold a gri
you can s
squeeze
then relax

Repeat 1





1. Weigh

Stand tall
side. Hold
bottle filled
of a dumb

Keep your
Bend your
your shou
position.

Repeat 1



1. Weigh

Stand or s
turned do

Hold a sn
bottle of v

Turn your
reverse th

Repeat 1



1. Weigh

Lie on you
your hand
water bott

Gently be
towards y
elbow ag

Repeat 1



1. Forward

Leaning over
shoulders

Keep your
from side

Repeat 10



Version number: **2**
Last modified date: **03rd July 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust