



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

Elbow Exercises Level 2

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

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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 Rotations

Stand or sit with your feet flat on the floor and your arms turned down.

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

Hold each position for 15 seconds. Take a gentle stretch with each movement.

Repeat 10 times.



1. Wrist Extension

Hold the fingers of

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.



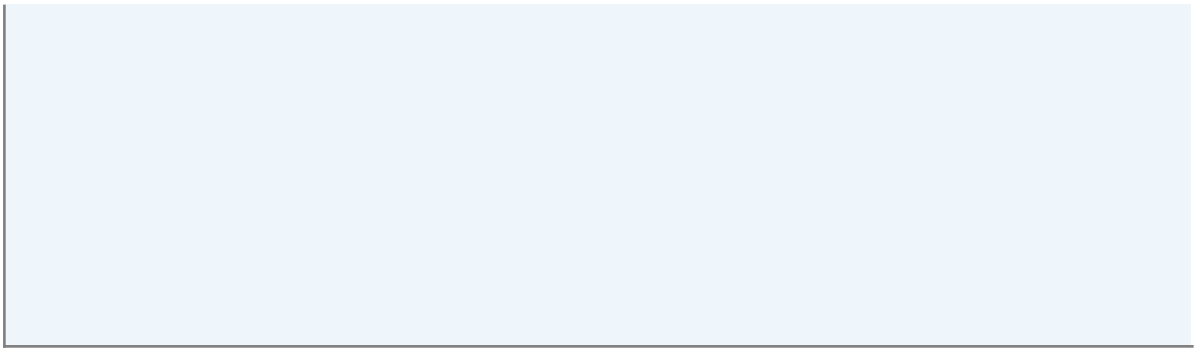


1. Grip

Sitting or

Hold a gri
you can s
squeeze
then relax

Repeat 1





1. 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



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