Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Elbow Exercises Level 2

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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 2 – Exercises 1 to 5

	1. Wrist Extensor Strengthening Note: In this exercise, the point is to avoid actively bending your wrist upwards. Therefore, the other hand is used to bend the wrist and bring the weight to the upper position. Sit with your lower arm supported. Hold a dumbbell, or a household object such as a bottle of water to add resistance, with your palm facing down and your wrist over the edge of the support. Your wrist is bent upwards.



Slowly lower the dumbbell down. With the assistance of your other hand, return to the starting position by lifting the dumbbell and bending the wrist upwards.

Assist on the way up, let go and hold for a few seconds, control the movement on the way back to the start, repeat.

Repeat 10 times. Sets 3.

2. Wrist Flexor Strengthening



Note: In this exercise, the point is to avoid actively bending your wrist. Therefore, the other hand is used to bend the wrist and bring the weight to the upper position.

Sit with your lower arm supported. Hold a dumbbell, or a household object such as a bottle of water to add resistance, with your palm facing up and your wrist over the edge of the support. Your wrist is bent upwards.

Slowly lower the weight down. With the assistance of your other hand, return to the starting position by lifting the weight and bending the wrist upwards.

Assist on the way up, let go and hold for a few seconds, control the movement on the way back to the start, repeat.



Repeat 10 times. Sets 3.



3. Biceps/Zottman Curl

Stand tall, or sit, with arms by your side, holding a weight in each hand. The weight could be a water bottle.

Palms facing forwards.

Bend your elbows and bring your palms towards your shoulders. Turn your palms down, once they are at the top of the movement.

Straighten your arms back to the starting position in a controlled manner, keeping your palms down towards the floor.

Repeat 10 times. Sets 3.



4. Front Raises

Stand or sit holding some form of weight in your hands; a bag with safe objects in is perfect if you don't have access to dumbbells.

Lift both arms forwards away from your body to just over shoulder height.

Control the movement back to the start position

Repeat 10 times. Sets 3.



5. Farmer's Walk

Stand tall and hold weights, such as kettlebells or a heavy bag, in the affected arm. Arms are hanging straight by your sides, with shoulders and upper back active.

Walk approximately 10 steps while maintaining a straight posture.

Repeat 3 times.



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