Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Elbow Exercises Level 3

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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

Leigh Health Centre
Telephone: 0300 707 1597
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Therapy Department- Wrightington Hospital
Telephone: 01257 256305
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Elbow Level 3 – Exercises 1 to 5



1. Weighted Swings

Ideally use a kettlebell if you have acces
a bag containing some water bottles can
fine. Start with the weight between your
thrust action from your hips swing the we

A good height to swing the weight to is th
head.

Add speed to the swing with every swing
and relax back to the starting position; do
speed with your hands.

Repeat 10 times. Sets 3.



1. Shoulder Press

Stand tall or sit in a chair. Hold weights a
with your elbows pointing to the sides. If
dumbbells, then bottles of water can be u

Press the weights up to straight arms. Re
position in a controlled manner.

Note:

- Try not to shrug your shoulders.
- Keep abdominals tight to avoid
  extending your lower back.

Repeat 10 times. Sets 3.





1. Forward Falls

On your knees, fall forwards landing on y
softening the landing by bending your elb
your chest to the floor.

Lift yourself back into a kneeling position

Repeat 10 times. Sets 3.





1. Plank Lifts/High Plank to Low Plank

Start on your hands and toes, with your body in a straight line.

Lower yourself down onto your elbows trying to keep your back as straight as possible.

Push yourself back up onto your hands.

Repeat 10 times. Sets 3.





1. Push Up

On your hands and knees, hands slightly wider than shoulders. Buttocks and trunk active, body in a straight line.

In a controlled manner, lower your chest close to the floor. Push back up.

NB: If you can manage, you can do this in the full press up position, rather than on your knees. As shown in the 2nd photo.

Repeat 10 times. Sets 3.



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