



ORTHOPEDIC
ASSOCIATES
of HARTFORD

50 Years of Excellence

ELBOW EXERCISES

Home Exercises

PASSIVE (Stretching)

Passive Extension

Place a towel roll under your elbow and a weight on your wrist with the palm facing up. Let gravity straighten your elbow. If you do not have a cuff weight, place two small cans into both ends of a tube sock, securing open end and loop over wrist.

Hold in this position 1 minute. Release tension and repeat 4 times.



Passive Flexion

Support your elbow on a towel and use other hand to gently bend your arm so that your wrist is pulled in toward the same shoulder. Keep the wrist straight.

Hold in this position 1 minute. Release tension and repeat 4 times.



Passive Supination

Keep your elbow tucked into your side and do not let it move away from your body. Gently help twist your forearm so that palm is facing up.

Hold in this position 30 seconds. Release tension and repeat 4 times.



Passive Pronation

Keep elbow tucked into your side and do not let it move away from your body. Gently help twist your forearm so the palm is facing down.

Hold in this position 30 seconds. Release tension and repeat 4 times.



ACTIVE

Flexion

Bend elbow without help from the other hand.

Hold 3 seconds. Repeat 10 times. Do 3 times/day



Extension

Place elbow on a towel roll and straighten arm out. Alternatively, you can slide arm out in front of you on a table.

Hold 3 seconds. Repeat 10 times. Do 3 times/day



Supination/Pronation

Keep elbow tucked into your side and do not let it move away from your body. Gently twist your palm up and hold 3 seconds. Twist down and hold 3 seconds. Repeat 10 times. Do 3 times/day



STRENGTHING

Start with ___#. Do 10 repetitions. 1-3 sets. 1xday

Extension (pick only one)

These three exercises all strengthen the same muscle. Pick one. Start with the elbow bent and straighten elbow. Keep wrist in a straight position throughout the motion. Slowly relax to the starting position.



Flexion

These two exercises work the same muscle. Pick one. Start with arm by side and bend elbow up with your palm facing you. Keep the wrist in a straight position throughout the motion.



Supination/Pronation

With elbow held firmly by side or with the forearm resting on a table, slowly let hammer lower right to left then back. Keep wrist in a straight position throughout motion. Start by holding near the head of the hammer. To make more difficult, hold down further on the handle. Control the motion so that it is slow.

