

Elbow Strengthening Program



ELBOW EXTENSION STRETCH

Place your elbow on the edge of a table and use your other hand to press it into a more straightened position.



ELBOW FLEXION STRETCH

Place your elbow on a table and use your other hand to bend it into a more bent position.



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.



ELASTIC BAND TRICEP

Start with your elbow bent and holding an elastic band as shown. Pull the elastic band downward as you extend your elbow.

Keep your elbow by your side the entire time.



ELASTIC BAND TRICEP

Start with your elbow bent and holding an elastic band as shown. Pull the elastic band downward as you extend your elbow.

Keep your elbow by your side the entire time.



ELASTIC BAND WRIST CURLS

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face up.



ELASTIC BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist downwards with your palm face down.



ELASTIC BAND RADIAL DEVIATION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist to the side with your wrist in a neutral position as shown.



ELASTIC BAND WRIST PRONATION

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face down.



ELASTIC BAND WRIST SUPINATION

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face up.



WRIST CURLS

Rest your forearm on your thigh or table and bend your wrist upwards with your palm face up as shown.



WRIST EXTENSION CURLS

Rest your forearm on your thigh or table and bend your wrist upwards with your palm face down as shown.



WRIST CURLS - RADIAL DEVIATION

Rest your forearm on your thigh or table and bend your wrist upwards with your wrist in a neutral position as shown.



HAMMER PRONATION

Slowly lower a hammer towards the outside as shown and then return.



HAMMER SUPINATION

Slowly lower a hammer towards the inside as shown and then return.



HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown.