

## ELBOW EXERCISE SHEET

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Stand.  
Bend your elbow and  
then straighten your  
elbow.

Repeat 15 times.

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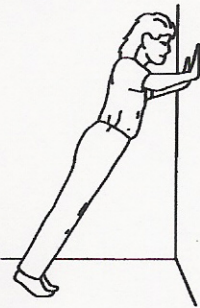


Stand. Grasp the wrist  
of the arm you want to  
exercise.

Bend your elbow and  
assist the movement  
with your other hand.  
Straighten your elbow.

Repeat 15 times.

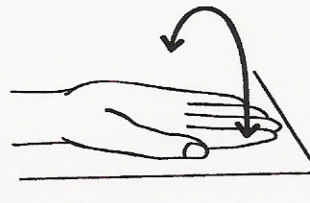
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Stand facing a wall with  
your arms straight and  
hands on the wall.  
Do push-ups against the  
wall keeping your body  
in a straight line.

Repeat 10 times.

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Forearm on a table,  
palm turned down.  
Alternately turn palm up  
and down keeping elbow  
still.

Repeat 15 times.

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Clasp your hands  
together and support  
your forearms on a  
table.  
Put the back of one  
hand on the table and  
then turn your hands  
and put the back of the  
other hand on the table.

Repeat 15 times.

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Stand with arms hanging  
down. Hold a tin can and  
turn your palms forward.  
Bend alternate elbows to  
lift the can.

Repeat 15 times.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY