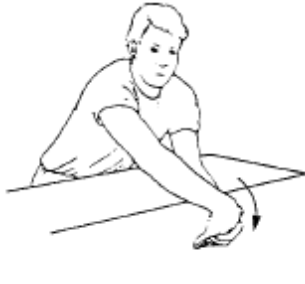


Elbow Exercise Program

1. **Deep Friction Massage** – deep transverse friction across area of elbow that is sore. 5 minutes, several times daily.
2. **Grip** – grip apparatus, putty, small rubber ball, etc. Use as continuously as possible all day long.
3. **Stretch Flexors** – straighten elbow completely. With palm facing up, grasp the middle of the hand and thumb. Pull wrist down as far as possible. Hold for 10 counts. Release and repeat 5-10 times before and after each exercise session.



4. **Stretch Extensors** – straighten elbow completely. With palm facing down, grasp the back of the hand and pull wrist down as far as possible. Hold for a 10 count. Release and repeat 5-10 times before and after each exercise session.



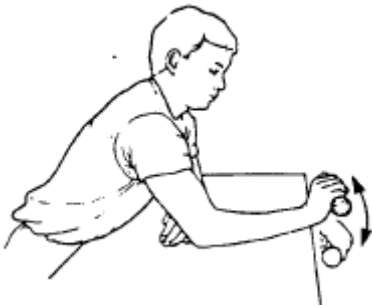
5. PROGRESSIVE RESISTIVE EXERCISES (PRE)

- a. Begin each PRE with 1 set of 10 repetitions without weight, progressing to 5 sets of 10 repetitions as tolerable. When you are able to easily perform 5 sets of 10 repetitions, you may begin adding weight. Begin each PRE with 1 set of 10 repetitions with 1 lbs. progressing 5 sets of 10 as tolerable. When you are able to easily perform 5 sets of 10 repetitions with 1 lbs., you may begin to progress your weight in the same manner.
- b. In a preventative maintenance program (excluding specific rotator cuff exercises) it is permissible to advance weight as tolerable with strengthening exercises, taking care to emphasize proper lifting technique.

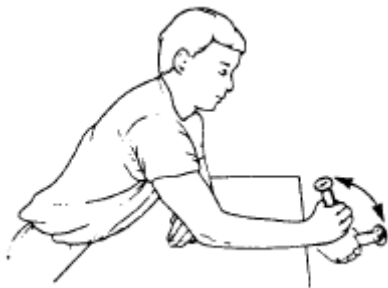
6. **Wrist Curls** – the forearm should be supported on a table with hand off edge; palm should face upward. Using a weight or hammer, lower that hand as far as possible and then curl it up as high as possible. Hold for a 2 count.



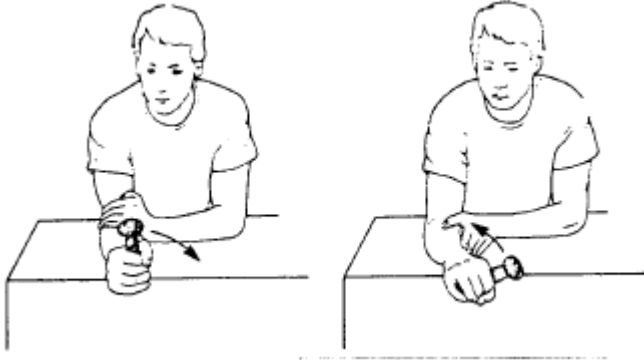
7. **Wrist Reverse Curls** – the forearm should be supported on a table with hand off edge; palm should face downward. Using a weight or hammer, lower the hand as far as possible the curl wrist up as high as possible. Hold for a 2 count.



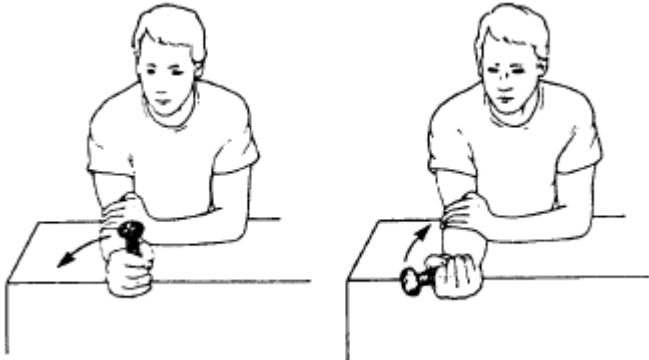
8. **Neutral Wrist Curls** – the forearm should be supported on table with wrist in neutral position and hand off table. Using a weight or hammer held in a normal hammering position, lower wrist into ulnar deviation as far as possible. Then bring into radial deviation as far as possible. Hold for 2 count. Relax.



9. **Pronation** – the forearm should be supported on a table with wrist in neutral position. Using a weight or hammer held in a normal hammering position, roll wrist and bring hammer into pronation as far as possible. Hold for a 2 count. Raise back to starting position.

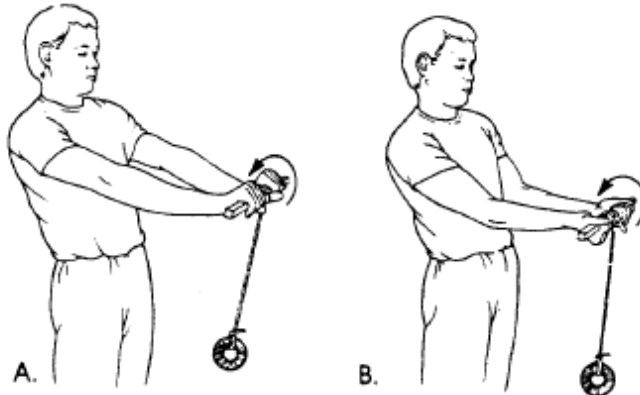


10. **Supination** – the forearm should be supported on the table with the wrist in neutral position. Using a weight or hammer held in a normal hammering position, roll wrist bringing hammer into full supination. Hold for a 2 count. Rise back to the starting position.

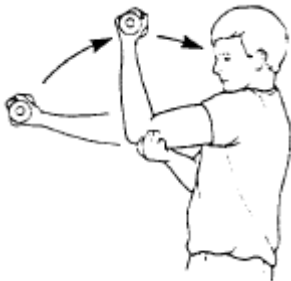


11. Broomstick Curl-up – use 1-2 foot broom handle with a 4-5 foot cord attached in the middle with a 1-5 lbs. weight tied in the center

- a. **Extensors** – grip the stick on either side of the rope with the palms down. Curl cord up by turning stick toward you (cord is on side of stick away from you). Once the weight is pulled to the top, lower the weight by unwinding the stick, rotating it away from you. Repeat 3-5 times.
- b. **Flexors** – same as above exercise (extensors), but have palms facing upward.



12. Biceps Curl – support arm on opposite hand. Bend elbow to full flexion, then straighten arm completely.



13. French Curl – raise arm overhead. Take opposite hand and give support at elbow. Straighten elbow overhead, hold for a 2 count.

