

Patient Exercise Sheet:
Elbow Exercises:
Mobility Exercises

Physiotherapy



1 **Elbow Flexion**

2 **Elbow Extension**

3 **Pronation**

4 **Forearm Supination**

5 **Forearm Stretch**

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

Repeat little and often throughout the day.
Aim to carry out each exercise for 60 seconds.

1 **Elbow Flexion**



In sitting place support your elbow on a table. Bend your elbow. When you get to the end of your range of movement available use your opposite hand to gently apply overpressure. Try to keep your elbow being bent as relaxed as possible.

CONTINUED OVERLEAF



**1** Elbow Flexion**2** Elbow Extension**3** Pronation**4** Forearm Supination**5** Forearm Stretch

2 Elbow Extension



In sitting hold your upper arm with your opposite hand. Straighten your elbow.

3 Pronation



In sitting keep your elbow bent and turn your palm to face down towards the floor. When you reach the end of your available movement clasp your palm with your opposite hand and use the opposite hand to apply gentle overpressure.

CONTINUED OVERLEAF



**1** Elbow Flexion**2** Elbow Extension**3** Pronation**4** Forearm Supination**5** Forearm Stretch

4 Forearm Supination



In sitting keep your elbow bent and turn your palm to face up towards the ceiling. When you reach the end of your available movement clasp your palm with your opposite hand and use the opposite hand to apply gentle overpressure.

5 Forearm Stretch



Straighten your elbow. Use your opposite hand to bend your wrist downwards. You should have your elbow crease facing towards the ceiling and your fingers pointing to the floor.

