

Elbow Exercises



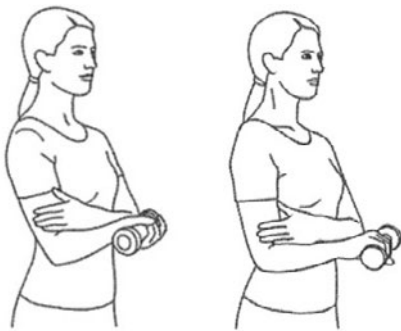
From 6 weeks after removal of a cast/sling

It has been six weeks or over since your elbow was hurt. Your orthopaedic doctor is now happy for you to start exercise and movement. To get back to what you want to do, you may need to work on stretching and strengthening the elbow. We have outlined some exercises that may be helpful in doing this.

Exercises

Try to do stretching exercises three times a day. The strengthening exercises need to be done a minimum of three times a week, but every day is often best.

You will feel some stretching or pressure in the elbow and even some mild pain during the exercise, but these should ease off with stopping the movement. If you are feeling strong pain stop the exercises and check with your physiotherapist or surgeon.



With a weight in your hand, bend your elbow and keep it to your side (like in the picture shown). Now try to turn the wrist so the hand faces up to the ceiling. Then, reverse the movement, twisting the wrist so the palm faces the floor.

Repeat this 10 times. Start with one set and try to build up to three sets as you feel comfortable to do so.

If you find this easy, increase the weight.



With a weight in your hand, bend your elbow and bring your hand up to attempt to touch your shoulder (as pictured). Then lower the weight, straightening the elbow as far as you can.

Repeat this 10 times. Start with one set and try to build up to three sets as you feel comfortable to do so.

If you find this easy, increase the weight.



With a small weight in your hand raise your arm so that it is next to your head. Now bend your elbow to slowly lower the weight down as far as you can comfortably (as pictured). Then try and straighten the elbow.

Repeat this 10 times. Start with one set and try to build up to three sets as you feel comfortable to do so.

If you find this easy, increase the weight.



Sitting, place your hands on the arms of the chair. Now use your arms to lift you up out of the seat (as pictured). Then slowly lower yourself down.

Repeat this 10 times. Start with one set and try to build up to three sets as you feel comfortable to do so.

If you find this too easy do it with your feet up off the ground.



Stand next to the kitchen bench and place the hands on the bench (as pictured). Slowly lower your body towards the bench to do a push up. Go as far as is comfortable.

Repeat until you are tired in the muscles of the arm and hand - usually around 10 times. Start with one set, but you could build up to three sets. Having a small 30 - 60 second rest in between sets.

If you are finding this too easy, you can try doing a push up on the floor (on your knees).

For any questions contact Physiotherapy Departments on the following phone numbers:

Gosford
4320 3314

Wyong
4394 8217

Woy Woy
4344 8446

Long Jetty
4336 7752