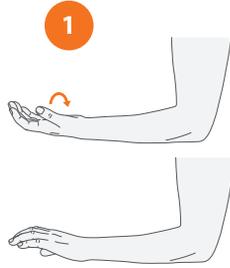


Exercises for elbow pain

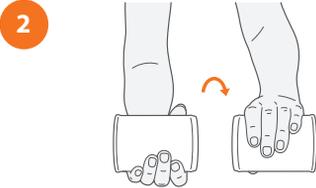
This handy tear-off section contains exercises that are designed to stretch, strengthen and stabilise the structures that support your elbow.

Simple exercises



Wrist turn

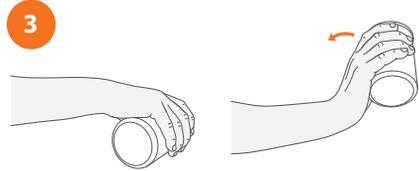
Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Wrist turn with weight

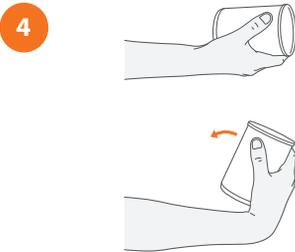
Repeat the exercise while holding a light weight (e.g. a tin of beans).

! You shouldn't do any of the exercises with weights if you have tennis elbow.



Wrist lift (palm down)

Bend your elbow at a right angle. Hold a light weight (e.g. a tin of beans), palm down. Bend your wrist slowly towards you. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Wrist lift (palm up)

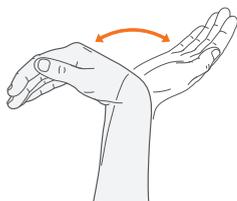
Bend your elbow at a right angle. Hold a light weight (e.g. a tin of beans), palm up. Bend your wrist slowly towards you. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Elbow bend

Stand up straight and lower your arm to one side. Bend your arm slowly upwards so your hand is touching your shoulder. Hold for 15–30 seconds. Repeat 10 times. You can also use a light weight to help build up strength in your biceps and triceps, which is good for a biceps rupture.

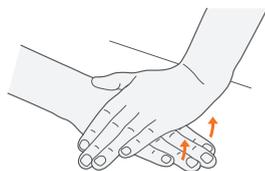
6



Wrist bend

Rest your elbow on a table, arm pointing up, wrist straight. Gently bend your wrist forward at a right angle and hold for 5 seconds. Straighten your wrist. Gently bend it backwards and hold for 5 seconds. Do 3 sets of 10 repetitions.

7



Palm lift

Place your palm on the table and lift the fingers up. Place your other hand across the knuckles at 90° and push down as the bottom hand tries to pull up. You should feel the muscles of your forearms contracting. Swap hands and repeat.

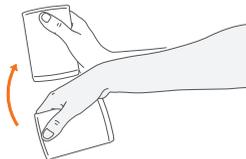
8



Wrist flex

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do 3 sets with each wrist. This exercise is especially good if you have tennis elbow, and starting it with the palm facing up is good for golfer's elbow.

9



Wrist stretch with weight

Holding a light weight (e.g. a tin of beans), stretch your arm out in front with your palm down. Slowly bend your wrist upward, and then return to the starting position in a handshake motion. Do 3 sets of 10 repetitions. Gradually increase the weight you hold.

Keeping active with elbow pain

It's important to keep active – you should try to do the exercises that are suitable for you every day. Start by exercising gradually and build up over time, and remember to carry on even when your elbow is better to prevent your symptoms returning. If you have any questions about exercising, ask your doctor or physiotherapist.