

Notes :

1 Assisted elbow extension

Reps: 10 Hold: 15

Sit straight with the point of your elbow on the armchair or table.

Straighten your elbow until a stretch is felt.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



2 Passive elbow extension weight

Reps: 10 Hold: 15

Lie on your back with a rolled towel under your arm placed above your elbow. Hold a weight in your hand, letting your forearm descend as low as you can. Maintain the position for 30-60 seconds and then bring your arm back up with some help from the other hand if needed.



3 Assisted elbow flexion



Reps: 10 Hold: 15

Sit straight with the point of your elbow on the armchair or table.

Bend the elbow until a stretch is felt.

Push slightly with the opposite hand to increase the stretch.



Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.

4 Passive flexion/extension



Reps: 10 Hold: 15

Sit straight with your elbow on the armchair or table.

Use the other hand to help bend the elbow as much as possible. Maintain the position and then extend it with help from the other hand.



Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.

5 Passive elbow flexion

Reps: 10 Hold: 15

Put your forearm on the table with your palm facing up.
Lower your shoulder towards your hand as low as you can.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



6 Passive supination



Reps: 10 Hold: 15

Sit and grasp your forearm with the other hand.

Slowly rotate your forearm to bring the palm of your hand facing the ceiling as much as possible using the other hand to help increase the movement.



Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.

7 Active ext. and int. rotation

Reps: 3 Hold: 30



Sit in a chair with your arms down by your side, turn your hands all the way in and then out.



8 Wrist extensors stretching

Reps: 3 Hold: 3



Extend one arm out in front with the elbow straight.

Use the other hand to grasp it at the side of the thumb and bend the wrist downward.

Turn wrist towards the small finger to increase the stretch.



9 Supinators stretch



Reps: 3 Hold: 3

Bend one elbow and place it next to your body. Keep the palm facing down on the stretched arm.

Place the other hand above your wrist. Rotate your wrist gently to turn it upwards until you feel a stretch in the forearm. Hold this position and then repeat.

10 Stretching pronators



Reps: 3 Hold: 3

Bend one elbow next to your body and place the other hand on the back of your hand. With help from the other hand, rotate your forearm to bring the palm of your hand facing the ceiling until you feel a stretch in the forearm.

Maintain the position and relax.

11 Stretching biceps



Reps: 3 Hold: 3

Stand and place your hand on top of the chair behind you.

Move your body forward, keeping the arm straight behind you.

Go in a half kneeling position.

Keep moving forward until a gentle stretch is felt in front of your arm (biceps).

Maintain the stretch.



12 Triceps stretch

Reps: 3 Hold: 3

Stand with your chin tucked in and raise your arm to complete elevation and place your hand behind your head by bending the elbow. Place your other hand on the elbow of the affected arm.

Pull towards the unaffected side until a stretch is felt in the triceps. Keep your chin tucked in.

