

Exercise plan:  
**Golfers elbow easy website**

Patient:  
- -

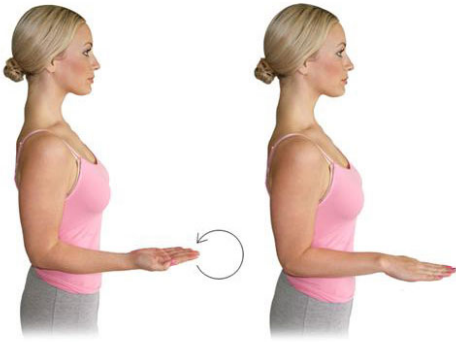
Date:  
**24th Apr 2020**

### Elbow Flexion Pronation

Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/1vNGtyv0xbo>



© rehabmypatient.com

### Elbow Extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/p9NWdru3m0o>



© rehabmypatient.com

### Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

**Repeat 10 times | Perform 3 times daily**

Video: [http://youtu.be/HiyVS\\_7hrG8](http://youtu.be/HiyVS_7hrG8)



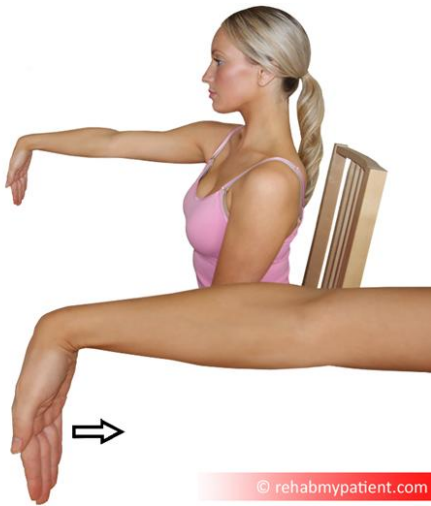
© rehabmypatient.com

### Wrist Flexion

Bend your wrist. This exercise will help improve the mobility of your wrist.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/ZwWbkgXE31k>

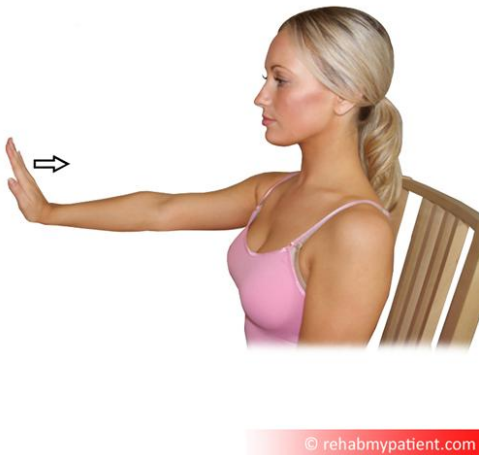


### Wrist Extension

Extend your wrist, by bending your hand backwards. This exercise will help improve the mobility of your wrist.

**Repeat 10 times | Perform 3 times daily**

Video: <http://youtu.be/mdrFgA30AwE>



### Wrist Flexion Isometric

Resist bending your wrist. Your wrist should not move. This is a strengthening exercise for the wrist and elbow.

**Hold for 3 | Repeat 5 times | Perform 3 times daily**

Video: <http://youtu.be/82QVCyyl-F8>

