

Exercise plan:
Elbow pain- ADVANCED

Patient:
CHCP WEBSITE EXERCISES

Date:
08th May 2024

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



Elbow Flexion Biceps Curl DB

Bend your elbow while holding a dumbbell. At the top of the movement, slowly lower the dumbbell in a controlled way. Keep your elbow tucked in to your side. This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

Sets: 3 | Repetitions: 5-15 | Days per week: 3-5

Video: <http://youtu.be/huGPK1j9WRA>

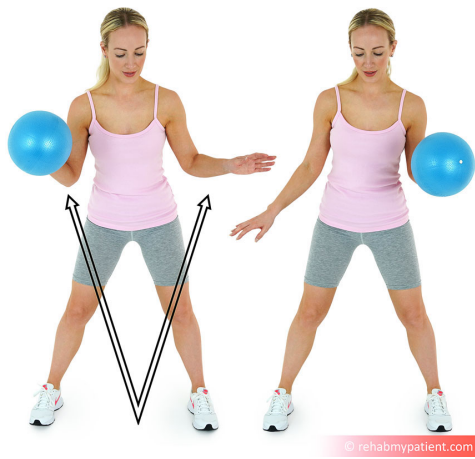


Triceps Curl Extension Standing DB

Hold a dumbbell, and straighten your arm above your head. When you reach the top of the movement, slowly let the dumbbell drop down behind your back. This exercise predominantly strengthens the Triceps muscle at the back and side of your upper arm.

Sets: 3 | Repetitions: 5-15 | Days per week: 3-5

Video: <http://youtu.be/BpykjCnFB8k>



Ball Bouncing Side to Side

Hold a football, or other soft ball at waist height. Bounce the ball from one side to the other Repeat as required. This is a co-ordination exercise for the shoulder and arm.

Sets: 3 | Repetitions: 5-15 | Days per week: 3-5

Video: <https://youtu.be/FXXrcEt5bzc>

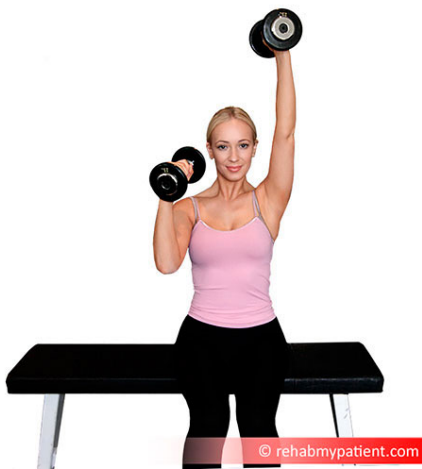


Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

Sets: 3 | Repetitions: 5-15 | Days per week: 3-5

Video: <https://youtu.be/MHNcRcV35-w>



Shoulder Push

Grasp a dumbbell in each hand, and lift the dumbbell above your head with one arm, and then the other. This exercise strengthens the deltoid muscle group.

Sets: 3 | Repetitions: 5-15 | Days per week: 3-5

Video: <http://youtu.be/ddRR7SFmuug>