

Exercise plan:  
**New onset Elbow Pain- EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**28th Jul 2023**

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 Hammer Sitting DB**



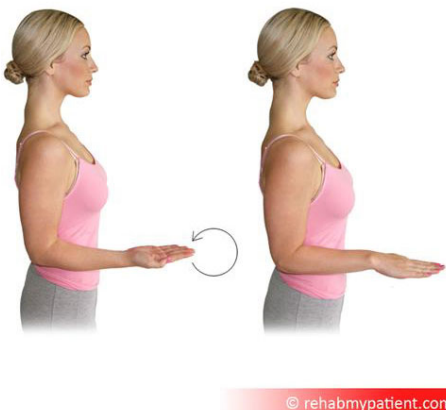
- 1) Sit down and hold a weighted object (for example a water bottle)
- 2) Hold the item with the hand side on, the same way you would hold a hammer.
- 3) Slowly bend the elbow. and slowly straighten the elbow.

This will strengthen an important muscle around the elbow.  
You can progress by holding a heavier item.

**Repetitions: 15 to 20 | Time: once or twice a day**

Video: <http://youtu.be/gl8b7ORDMRE>

### **Elbow Flexion Pronation**



- 1) Bend your arm to 90-degrees, and rotate your forearm /hand up and down.

This will help mobilise your elbow joint.

**Repetitions: 15 to 20 | Time: once or twice a day**

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



## Wrist Flexion Passive

- 1) To stretch the elbow, hold the arm out straight.
  - 2) Use your other hand to bend your own wrist downwards, hold for a count of 6.
  - 3) Then bend the wrist upwards and stretch the other way. Hold for a count of 6.
- (Make sure you keep your wrist relaxed.)  
This is a passive exercise used to improve the mobility of the wrist and stretch the forearm muscles (near the elbow)

**Repetitions: 10 | Time: once or twice a day**

Video: <http://youtu.be/OzDBYP1X0jg>