

Exercise plan:
New onset Elbow Pain- MODERATE

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 Biceps Curl Sitting DB



- 1) Sit down and hold on to a weighted object (a water bottle for example).
- 2) Bend your elbow while holding the weight. At the top of the movement, slowly lower the weight in a controlled way.
- 3) Keep your elbow tucked in to your side.

This is a strengthening exercise for your elbow and upper arm (Biceps muscle).

Progress by using a heavier weight.

Repetitions: 20 | Time: once a day

Video: <http://youtu.be/BtiD0LsWyC0>

Wrist Flexion and Extension Strengthening



- 1) Rest your forearm on a table. Let your wrist and hand hang over the edge of the table.
- 2) Hold a small weighted item in your hand with your palm facing down.
- 3) Let the wrist slowly flex under the weight, and then lift up the weight into extension.
- 4) Keep the forearm rested on the table as you move the wrist.

This is an eccentric and concentric strengthening exercise for the wrist and forearm muscles.

Repetitions: 12 to 20, as able. | Time: Once a day

Video: <https://youtu.be/eOYwu-dHAD4>



Forearm Flexor Table Stretch Forward

1) Lean on a table with palms flat. Stretch the wrist in flexion and extension as you gently lean on your arms.

Repetitions: 8 | Time: Once a day

Video: <https://youtu.be/l4fIK-vspeg>