

Exercise plan:  
**New onset elbow pain- ADVANCED**

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.



### **Lateral Raise with Dumbbell Hammer Grip**

- 1) Holding a weighted object with your palm facing forwards (known as a hammer grip) lift your arm to the side to shoulder level.
- 2) Once at shoulder level, turn your palm to face backwards (Like you're pouring out a can). Then slowly lower the weight to your side.
- 3) Turn the palm forwards again to repeat.

This is a strengthening exercise for your shoulder, elbow and forearm muscles. To progress use a heavier weight.

**Repetitions: 20 to 30 | Days per week: 3 to 5**

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



### **Triceps Curl Extension Standing Medicine Ball**

- 1) Hold a ball or light weight up above your head behind your head with both arms out straight
- 2) Lower the ball/weight behind your head as you bend your elbows.
- 3) Straighten your arms above your head again.

This exercise predominantly strengthens the Triceps muscle at the back and side of your upper arms.

To progress, use a heavier weight.

**Repetitions: 20 to 30 | Days per week: 3 to 5**

Video: <http://youtu.be/Gp0aDZm2xal>



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## Bouncing Ball Around Body

1) Bounce a ball or Pilates ball around your body using both hands.

This is a tricky exercise, but improves proprioception and co-ordination of your arms, and hand-eye co-ordination. Useful after an injury to the arm.

**Repetitions: 20 | Days per week: 3 to 5**

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