

ELBOW HOME EXERCISE PROGRAM

ELBOW EXTENSION



- Sit in arm chair or wheelchair, arm free.
- Elbow bent, palm downwards.
- Thera-band tied at chair arm level
- Straight elbow
- Hold
- Return to start position

Repetitions: _____ Sets: _____

ELBOW FLEXION



- Sit in chair or wheelchair, arm free.
- Palm upwards.
- Tie Thera-Band at knee level.
- Bend elbow.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____



- Sit with forearm to thigh.
- Loop Thera-Band around hand, palm up.
- Stabilize other end of Thera-Band under foot.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____



- Sit with forearm on thigh.
- Loop Thera-Band around hand palm down.
- Stabilize other end of Thera-Band under foot
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

- Perform one session of these exercises in the A.M., one in the P.M.
- Ice the injured body part 15 – 20 minutes after these exercises.
- Exercises should be somewhat challenging. If too easy, increase tension on tubing. If too difficult, decrease tension

If any of these exercises cause pain, stop performing them and contact our office. Rubber tubing may be purchased inexpensively at most physical therapy facilities and major sporting goods outlets.