

Elbow Exercises following surgery or a recent injury



Flexion / Extension

Lay on your back, this helps relax the biceps muscle. Gently bend and straighten your elbow. Start by trying to touch your thumb to your nose and progress to your shoulder as able.



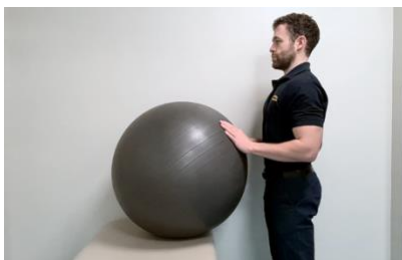
Pronation / Supination

Lay on your back, this helps to relax the muscles. Rotate your palm upwards towards the ceiling and then back again.



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Ball Rolling

If you have one, place two hands on top of a large gym exercise ball. Roll the ball forwards and away from you, making sure you move the elbow and not your upper body.