Elbow exercises
Information for patients
Make sure that your wrist, elbow and hand maintain their flexibility and function by exercising them:

a) Reach your arm up above your head as high as possible.

b) Use your hand for everyday activities, although you should avoid lifting.

c) Only wear a sling as directed by the Doctor or Physiotherapist.

Each exercise should be practiced about 10 times, at least 3 times a day.

1. Whilst standing, bend then straighten your elbow.

2. Use your other hand to assist the bending and straightening movement.
3. Rest your arm on a table or hold your elbow into your side. Turn your palm up then down whilst keeping your elbow still.

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