

Physiotherapy Department

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.



How to contact us

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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