

**ELBOW FLEXION EXTENSION**

Start with your arm at your side. Bend at your elbow to raise your forearm/hand upwards as shown. Then return to starting position and repeat.

Video # [VVCBQCW2G](#)

Repeat	8 Times
Hold	1 Second
Complete	3 Sets
Perform	3 Times a Day

**WALL PUSH UPS**

Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

Video # [VV4UPBCJV](#)

Repeat	6 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Times a Day

**WALL PUSH UP - SOCCER BALL**

Place a medicine ball on a wall and perform push ups while holding the ball with both hands as shown.

Video # [VVVV3WZPF](#)

Repeat	6 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Times a Day



ELBOW FLEXION EXTENSION - SUPINE

While lying on your back, rest your elbow on a small rolled up towel. Next, bend at your elbow and then lower back down, allowing gravity to pull your elbow further into extension. Allow your elbow to hang in this position for 5 seconds and repeat.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day



Video # VV4THZT9W



TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Times a Day



WRIST EXTENSION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat.

Repeat 8 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

Video # VV72SLAQU



WRIST FLEXION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Video # VVUNVPREV

Repeat 8 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



Corner Press Outs

With back facing a corner and elbows in line horizontally with shoulders, press out squeezing the shoulder blades together then return to resting position. Perform this motion in a slow and controlled manner. Note: the farther your feet are from the wall, the harder the exercise will become.

Repeat 20 Times
Complete 3 Sets
Perform 3 Times a Week



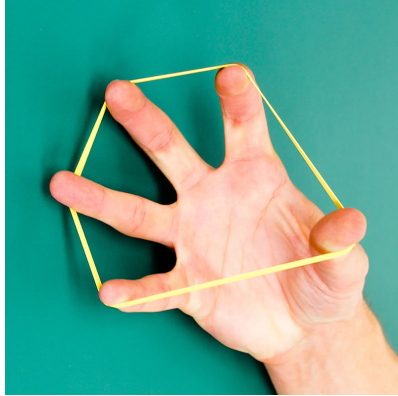
HAMMER PRONATION SUPINATION

Slowly lower a hammer towards the inside and then outside of the body as shown.

You can use anything that might be similar... wooden spoon or spatula from the kitchen, a long ruler... whatever you have at home!

Video # VV3UDLD8J

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



RUBBER BAND EXTENSION

Expand a rubber band wrapped around your fingers.

Video # VVAK4L6LD

Repeat 15 Times
Complete 2 Sets
Perform 1 Times a Day



Wrist Flexion and Extension PROM

Keeping your elbow straight, use your unaffected hand to bend the affected wrist downward as shown. Hold this stretch for 30 seconds.

Still keeping your elbow straight, use your unaffected hand to band the wrist upward as shown. Hold this stretch for 30 seconds.

Repeat 2 Times
Hold 30 Seconds
Perform 1 Times a Day



Reverse Prayer Stretch

Place the backs of your hands together. Stretch the wrist by lowering the elbows as far as you can still keeping the backs of the hands together

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day



ELBOW EXTENSION STRETCH - TOWEL ROLL

Place a rolled up towel on a table. Then rest your arm over the towel roll with your palm face-up and your elbow near on the towel. Relax your arm and allow gravity to stretch the elbow into a more straightened position.

Video # VV5KDWXN8

Repeat	1 Time
Hold	20 Seconds
Complete	2 Sets
Perform	2 Times a Day