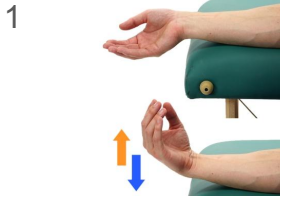


ELBOW EXERCISES

Perform 3x per week
Stretches → Exercises

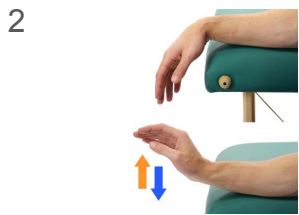
Heat 5-10 min
Massage 5-10 min
Red Light therapy
Tens



WRIST FLEXION AROM - TABLE

Rest your forearm on a table and bend your wrist up and down with your palm face up as shown.

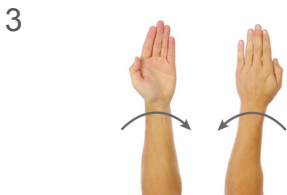
Complete 1 set Repeat 5 times



WRIST EXTENSION AROM - TABLE

Rest your forearm on a table and bend your wrist up and down with your palm face down as shown.

Complete 1 set Repeat 5 times



WRIST SUPINATION PRONATION - FULL

Rotate your hand and forearm so that the palm of your hand points downward and then rotate it to point upward. Repeat.
Keep your elbow bent and by the side of your body.

Complete 1 set Repeat 5 times



WRIST FLEXOR & EXTENSOR STRETCH

Flexor Stretch:

Use your unaffected hand to bend the affected wrist up as shown. Keep the elbow straight on the affected side the entire time.

Extensor Stretch:

Straighten arm at shoulder level in front of you with palm toward floor. With other hand gently pull hand down until stretch is felt on top of arm.

Complete 2 set Hold 15 secs



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.

Complete 1 set Repeat 5 times

5

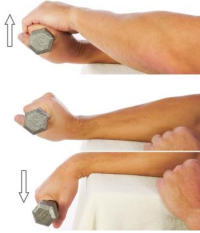


ECCENTRIC WRIST FLEXION

- Place your arm, palm side up, on a table with your hand over the edge holding a free weight / dumbbell.
 - Start by using your unaffected hand to lift up your affected hand and free weight. Hold this position with your affected hand as you release your unaffected hand.
 - Next, use only the affected hand that is gripping the free weight to lower the free weight as you bend at the wrist.
 - Return to starting position by lifting with your unaffected hand again and repeat.
- Easier: no weight

Complete 1 set Repeat 10 times

6



ECCENTRIC WRIST EXTENSION

- Place your arm, palm side down, on a table with your hand over the edge holding a free weight / dumbbell.
- Start by using your unaffected hand to lift up your affected hand and free weight. Hold this position with your affected hand as you release your unaffected hand.
- Next, use only the affected hand that is gripping the free weight to lower the free weight as you bend at the wrist.
- Return to starting position by lifting with your unaffected hand again and repeat.

Easier: no weight

Complete 1 set Repeat 10 times

7



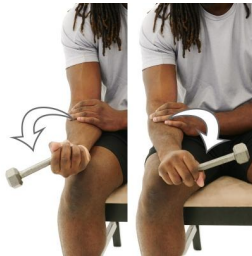
WRIST CURLS - RADIAL DEVIATION - FREE WEIGHT - THIGH

While holding a small free weight / dumbbell and resting your forearm on your thigh, bend your wrist up and down with your wrist in a neutral position as shown.

Easier: no weight

Complete 1 set Repeat 10 times

8



FREE WEIGHT SUPINATION AND PRONATION

Rest your forearm on your knee or a table. Next, while holding the end of a small free weight / dumbbell, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.

Easier: no weight

Complete 1 set Repeat 10 times

9



TYLER TWIST - ECCENTRIC EXTENSION - BAR/TOWEL -

Start by holding the bottom of a bar/towel vertically with your unaffected side and then grab it on top with your affected side. Position your wrists so that the top wrist is held in flexion and bottom in wrist extension.

Next, lower your arms and turn the bar/towel horizontal and line up your wrists so that your knuckles are pointed forward. This should place a twisting tension through the bar/towel.

Then, allow your affected wrist to slowly relax and extend, thereby untwisting the bar/towel slowly for an eccentric contraction to the wrist extensors.

Complete 1 set Repeat 10 times

Alternative: Hand Towel
PVC pipe