



Exercise guide

Elbow

Throughout the following exercises, the emphasis is on slow, controlled movement.

If you are currently receiving physiotherapy only do the exercises that your therapist has prescribed under your current treatment plan.

When carrying out the exercises make sure you are safe and stable, using support of counters or tables if needed. Make sure all exercises are pain free and if they cause pain stop doing them or go to an easier exercise. Do not exert yourself beyond your own capabilities.

Eccentric loading – wrist flexors

- This exercise is best performed in sitting with your palm facing upwards and wrist over the edge of a table
- Flex the wrist toward you
- Hold a light weight in your hand then slowly lower the weight toward the floor, moving at the wrist only
- Use the good hand to lift the weight up then use the symptomatic side to control the lowering of the weight
- Repeat 10 times
- This exercise can also be performed using a household object such as a water bottle and progressed by increasing the weight of the object

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.

Eccentric loading – wrist extensors

- This exercise is best performed in sitting with your palm facing downwards and wrist over the edge of a table
- Extend the wrist toward you
- Hold a light weight in your hand then slowly lower the weight toward the floor, moving at the wrist only
- Use the good hand to lift the weight up then use the symptomatic side to control the lowering of the weight
- Repeat 10 times
- This exercise can also be performed using a household object such as a water bottle, and progressed by increasing the weight of the object held.

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.