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Elbow Sprain Rehab Exercises

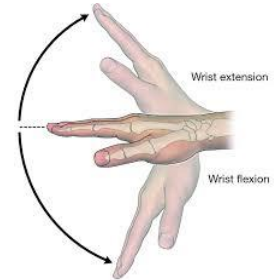
Purpose: To strengthen and stretch your muscles around the elbow to regain normal motion and pain-free function.

Length: 4-6 weeks unless otherwise instructed.

Stretching Exercises - #1, 2 & 3

1. Wrist Active Range of Motion:

- ✓ **Flexion & Extension:** Gently bend your wrist forward and backward as far as you can.
- ✓ Do 3 sets of 10.



2. Forearm Pronation & Supination:

- ✓ With your elbow bent 90°, turn your palm upward and hold for 5 seconds.
 - ✓ Slowly turn your palm downward and hold for 5 seconds.
 - ✓ Make sure you keep your elbow at your side and bent 90° throughout this exercise.
 - ✓ Do 3 sets of 10.
- *Tip: When this exercise becomes pain free, do it with some weight in your hand such as a soup can or hammer handle.



3. Active Elbow Flexion & Extension:

- ✓ Stand with arm hanging at your side and palm facing forward.
- ✓ Gently bend your elbow and bring your palm up toward your shoulder as far as you can.
- ✓ Then straighten your elbow back down as far as you can.
- ✓ Do 3 sets of 10.



Strengthening Exercises: #4, 5, 6, 7 & 8

4. Wrist Flexion:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
- ✓ Slowly lower the weight down into the starting position.



Wrist flexion

5. Wrist Extension:

- ✓ Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward.
 - ✓ Slowly lower the weight down into the starting position.
 - ✓ Do 3 sets of 10.
- *Tip: Gradually increase the weight of the object you are holding.



Wrist extension

6. Wrist Radial Deviation Strengthening:

- ✓ Put your wrist in the sideways positions with your thumb up.
 - ✓ Hold a can of soup or a hammer handle and gently bend your wrist up, with the thumb reaching toward the ceiling.
 - ✓ Slowly lower to the starting position.
 - ✓ Do 3 sets of 10.
- *Tip: Do not move your forearm throughout this exercise.



Wrist radial deviation strengthening

7. Forearm Pronation & Supination Strengthening:

- ✓ Hold a soup can or hammer handle in your hand and bend your elbow to 90°.
- ✓ Slowly rotate your hand with your palm upward and then downward (*same motions as #2 above).
- ✓ Do 3 sets of 10.



Forearm pronation and supination strengthening

8. Wrist Extension with Stick/Broom Handle:

- ✓ Stand up and hold a broom handle in both hands.
- ✓ With your arms at shoulder level, elbows straight and palms down, roll the stick/broom handle backward in you hand.
- ✓ Do 3 sets of 10.



Wrist extension (with broom handle)