

## 8. Hammer pronation strengthening

Start with forearm resting on a table and holding the hammer upright. Gently rotate palm down and then slowly return to starting position. Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets



## 9. Ball/towel squeeze

Start with forearm resting on a table and grasping a rolled towel. Gently squeeze towel and then relax. Hold \_\_\_\_\_ seconds, repeat \_\_\_\_\_ times.



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**Elbow**  
**Exercise Instructions**  
Post Fracture/Post Surgery

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It is time to get your elbow moving to regain the range of motion, strength and use of your arm.

You may have some initial discomfort with these exercises, but they should not be painful.

Perform 2-3 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

### 1. Wrist extension stretch

Keeping elbow straight, grasp hand to be exercised and slowly bend wrist forward so that fingers face the ground until a stretch in forearm is felt.

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



### 2. Wrist flexion stretch

Keeping elbow straight, grasp hand to be exercised and slowly bend wrist back so that fingers point up to the ceiling until stretch in forearm is felt.

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



### 3. AA elbow flexion

Rest upper arm on table. Grasp wrist of arm to be exercised, and gently bend elbow as far as possible. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



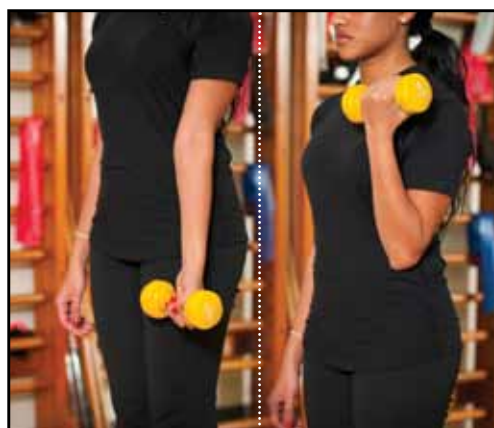
### 4. AA elbow extension

Rest upper arm on table. Grasp wrist of arm to be exercised, and gently straighten arm as far as possible. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



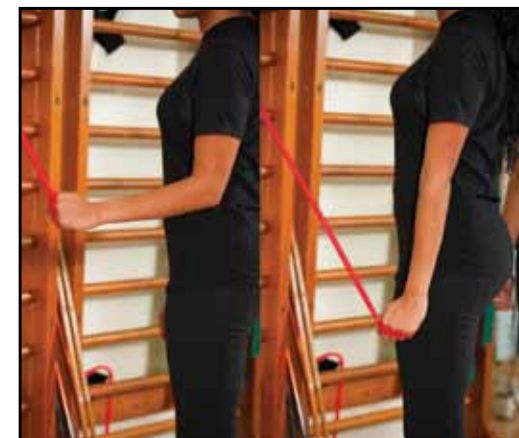
### 5. Biceps curls with weight

Arm to be exercised should be straight, with palm forward and holding \_\_\_\_ pound weight. Bend elbow and bring weight towards shoulder, then return to starting position slowly. Repeat \_\_\_\_ times, \_\_\_\_ sets.



### 6. Triceps extension with theraband

Anchor theraband and hold it with hand of arm to be exercised with the elbow at a bent position. Press hand down until elbow is straight and then slowly return. Repeat \_\_\_\_ times, \_\_\_\_ sets.



### 7. Hammer supination strengthening

Start with forearm resting on a table and holding the hammer upright. Gently rotate palm up and then slowly return to starting position. Repeat \_\_\_\_ times, \_\_\_\_ sets.

