

## 8. Towel grip squeeze

Support your forearm on a table, a ball or towel in your hand. Squeeze, holding for \_\_\_\_\_ seconds, repeat \_\_\_\_\_ times.



# Elbow – Static Progressive Stretching

## Exercise Instructions

Post Fracture/Post Surgery



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Now that your cast is off it is time to get your elbow moving to regain the range of motion in your elbow.

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

Perform 3-4 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. Flexion (on table)

Rest your entire upper arm to be stretched on the table. Grasp the wrist of the arm you want to stretch. Pull the affected arm towards you, bending the elbow. Stop when a stretch is felt. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 2. Flexion (against wall)

Stand facing the wall. Place your forearm on the wall with the elbow bent and thumb pointing towards you. Slowly slide your arm down the wall, bending the elbow until you cannot go further without lifting the forearm off the wall. Hold 20 secs. And lean into the arm for a deeper stretch. Move down a little more. Hold 20 secs. Move down a little more. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 3. Extension (on table)

Rest your entire upper arm to be stretched on the table. Grasp the wrist of the arm to be stretched and gently push the forearm down to straighten the elbow until a stretch is felt. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 4. Extension (against wall)

Stand facing a wall. Place palm of arm to be stretched against wall just in front of your hip. Slide hand down wall as you step in with your body until a stretch is felt in elbow. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 5. Pronation (seated)

Place arm to be stretched on table. Grasp forearm with the opposite hand and gently twist until the palm faces the ground. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 6. Supination (seated)

Place arm to be stretched on the table. Grasp forearm with the opposite hand and gently twist until the palm faces the ceiling. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat \_\_\_\_ time, \_\_\_\_ sets.



### 7. Hammer pronation-supination

Place arm to be stretched on table and hold a hammer firmly. Slowly turn the hammer so palm faces down, pause and turn hammer in the other direction so palm faces up. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.

