Exercise plan:	Patient:	Date:
Elbow Pain- EASY	**CHCP WEBSITE EXERCISES**	**08th May 2024**

Dear Patient,
You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.
There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

Sets: 2-3 | Repetitions: 15 to 20 | Days per week: 4-7

Video: http://youtu.be/HiyVS_7hrG8

Elbow Extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint.

Sets: 2-3 | Repetitions: 15 to 20 | Days per week: 4-7

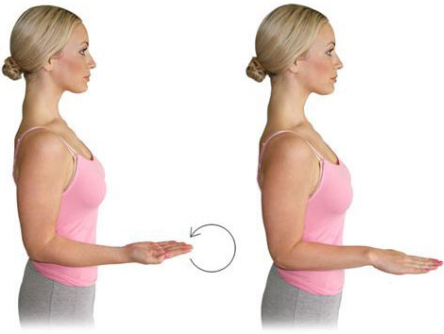Video: http://youtu.be/p9NWdru3m0o

Elbow Flexion Pronation

1) Bend your arm to 90-degrees, and rotate your forearm /hand up and down.

This will help mobilise your elbow joint.

Sets: 2-3 | Repetitions: 15 to 20 | Days per week: 4-7

Video: http://youtu.be/1vNGtyv0xbo

Wrist Flexion and Extension

Relax your forearm on a table, with your hand hanging over the edge of the table. Bend your wrist downwards, and then upwards, and repeat. This exercise can be used to improve the mobility of your wrist.

Sets: 2-3 | Repetitions: 15 to 20 | Days per week: 4-7

Video: https://youtu.be/MYBrjpGMb-w