

Exercise plan:  
**Elbow Pain- MODERATE**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**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.



### Wrist Flexion and Extension Strengthening

- 1) Rest your forearm on a table. Let your wrist and hand hang over the edge of the table.
- 2) Hold a small weighted item in your hand with your palm facing down.
- 3) Let the wrist slowly flex under the weight, and then lift up the weight into extension.
- 4) Keep the forearm rested on the table as you move the wrist.

This is an eccentric and concentric strengthening exercise for the wrist and forearm muscles.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6**

Video: <https://youtu.be/eOYwu-dHAD4>



### Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6**

Video: <https://youtu.be/MHNcRcV35-w>



## Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6**

Video: <http://youtu.be/w8in7tdjsaY>



## Elbow Flexion Hammer Sitting DB

Sit down and hold a dumbbell the same way you would hold a hammer, and bend your elbow. At the top of the movement, slowly and in a controlled way let the dumbbell return to the start position. This will strengthen an important muscle around the elbow, the brachioradialis.

**Sets: 3 | Repetitions: 5-15 | Days per week: 4-6**

Video: <http://youtu.be/gl8b7ORDMRE>