

**Notes :**

Exercises are best done little and often. Discomfort is expected, however if your pain is severe you are doing too much

**1 Elbow flexion/extension**



Sit in a chair and bend your elbows, keeping your palms facing up, then extend them completely toward the floor.

**2 Active elbow supination**



Stand up straight with your elbow tucked in by your side and your forearm perpendicular to your upper arm.  
Turn your palm up towards the ceiling and then down towards the floor.  
To progress, repeat with a weight in your hand.