

Notes :

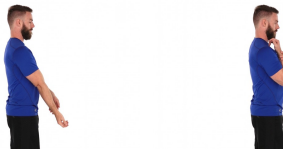
Exercises are best done little and often. Discomfort is expected, however if your pain is severe you are doing too much.

1 Passive supination



Sit and grasp your forearm with the other hand.
Slowly rotate your forearm to bring the palm of your hand facing the ceiling as much as possible using the other hand to help increase the movement.
Return to initial position and repeat.

2 Elbow flexion with pressure



Bend the elbow toward your shoulder and apply extra pressure with the free hand.
Return to the starting position and repeat the exercise.
This exercise can be painful but pain should subside with repetitions or diminish afterward.

3 Assisted elbow extension



Sit straight with the point of your elbow on the armchair or table.
Straighten your elbow until a stretch is felt.
Push slightly with the opposite hand to increase the stretch.
Maintain the position and relax.