

Notes :

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

1 Strengthening pron./sup.



Sit in a chair with forearm supported on the table or armchair. Tie a weight to one end of a stick and firmly hold the other end with your hand. Slowly rotate the stick from one side to the other and repeat.

2 Wall push-ups



Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.

3 AAROM elbow flexion



Lie on your stomach-propped up on your forearms-and align elbows and shoulders. Slowly lower your chest, bending your elbows. And continue to bend the involved elbow until the stretch is strong and slightly uncomfortable. Complete the prescribed number of repetitions.

4 Biceps curl



Seated in a chair with a weight in your hand. Elbow glued to the side of your body. Lift the weight up to the ceiling while keeping elbow still. Return and repeat.