

ELBOWS HEP

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View at www.my-exercise-code.com using code: TAJPKDB



SUPINATION STRETCH - TOWEL

Place a small rolled up towel between your elbow and the side of your body. With palm pointed in, grasp one end of a small towel with your affected side and wrap it around the wrist as shown.

Next, use your other hand to pull the towel causing a rotation stretch across your forearm while you give some resistance to the twist with the affected arm.

The stretch and pulling direction should be forcing the palm to point in the upward direction (supination). Hold, relax and repeat.

Repeat 5 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 3 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day