

Home Exercise Program for Elbow Stretching

The elbow is prone to stiffness and thus a home exercise program is crucial for regaining motion after surgery or an injury to the elbow. Often a single session with a physical therapist can be useful to teach you how to do the exercises. They should be performed in sets of 10-15 repetitions at least 5 times daily.

Extension

In this exercise, maximally straighten the elbow. Use the other hand to help straighten the elbow. Often times straightening the elbow over a table can help. A weight hung from the hand can also help the elbow to relax into a straightened position.



Flexion

In this exercise, maximally bend the elbow. Use the other hand to help push the elbow more bent. First, try to reach your thumb to your mouth, then your thumb to your throat, and then finally, the crook between your thumb and index finger to your throat.



Pronation

In this exercise, keep your elbow bent at a right angle and against your side. Try to maximally turn your hand so that it is facing the floor. Be careful not to let your arm pull away from your side. Keep working until your hand is parallel to the floor.



Supination

In this exercise, keep your elbow bent at a right angle and against your side. Try to maximally turn your hand so that it is facing the ceiling. Keep working until your hand is parallel to the ceiling.

