



Elbow Rehabilitation Program

Kenneth A. Jurist, M.D.
Joseph H. Guettler, M.D.
Kenneth Soave, PT, Director of Physical
Therapy Services

Elbow Rehabilitation Home Exercises:



Elbow Friction Massage:

With your affected side relaxed use your opposite hand to apply firm pressure and massage the area of tenderness. Repeat several times per day for 5-7 at a time.



Wrist Extensors Stretch:

With affected arm extended straight in front of you point hand towards floor with your palm facing down, using opposite hand to increase the intensity of the stretch. Hold for a few seconds and release. Repeat this exercise several times per day.

Wrist Flexors Stretch:

With affected arm extended straight in front of you point hand towards floor with your palm facing up, using opposite hand to increase the intensity of the stretch. Hold for a few seconds and release. Repeat this exercise several times per day.



Elbow Rehabilitation Continued:

Wrist Extensor Strengthening:

With affected arm extended over an edge of a table or supported by opposite arm, grip a 1 pound weight in your affected hand with your palm facing down, slowly alternate hand position from pointing to the floor to pointing to the ceiling. Repeat in 3 sets of 10, 3 times a day.



Start Position



End Position

Wrist Flexor Strengthening:

With affected arm extended over an edge of a table or supported by opposite arm, grip a 1 pound weight in your affected hand with your palm facing up, slowly alternate hand position from pointing to the floor to pointing to the ceiling. Repeat in 3 sets of 10, 3 times a day.



Start Position



End Position

Elbow Rehabilitation Continued:

Forearm Supination and Pronation:

Hold a light weight in your hand making sure to grip the end of the weight. Start with your wrist rotated to one side as far as you can, then slowly rotate your wrist as far to the other side that you can go and then back to the starting position. Repeat this exercise in 3 sets of 10, 1-2 times per day.



1st Position



2nd Position



3rd Position



End Position

Grip Strengthening:

Using a squeeze ball or stress ball, slowly squeeze the ball in the hand of your affected arm. This will help to increase the strength in your hand muscles. Repeat in 3 sets of 10, 1-2 times per day.

