

Exercise Prescription: Repeated Elbow Extension

Purpose of Exercise:

This is a self-treatment for elbow extension restriction.

Frequency:

You may complete this exercise daily, 10 times every hour until the restriction is worked through.

Starting Position:

Standing next to a table or solid surface, place your hand on the edge, fingers pointed back towards you. Place your opposite hand on the back of your affected elbow. Make sure to keep the shoulders and hips square.

Exercise Description:

From the starting position, fully extend your elbow, pressing forward firmly with your opposite hand on the back of your elbow. If pain is felt on the outside of your elbow, press forward and outward with your opposite hand. If pain is felt on the inside of your elbow, press forward and inward with your opposite hand.

Repeat this movement ten times. Try to extend the elbow progressively farther on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

Pictures:

