

Elbow/Forearm Exercises

Breakspeare Clinic- Milton-Under-Wychwood
Breakspeare Clinic- Cheltenham
Breakspeare Clinic- Didcot

Provided by Paul Wray
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Elbow Flexion Stretch

Stand.

Bend your elbow and then straighten your elbow.

Repeat 3 - 4 times.

Sets 1

Hold for 3 - 5 sec

Times/day 2 times



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Wrist Extensors Stretch

Stand. Hold one hand with the other hand so that palm is facing towards you.

Straighten the arm forward and, using the supporting hand, bend your fingers towards the floor. Hold the stretch while breathing smoothly. Then relax.

Hold for 30 - 45 seconds.

Sets 1 - _____

Times/day 2 times

Repetitions 3 - _____ /set



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Wrist Flexors Stretch

Stand tall. Straighten your fingers and bend your wrist back with your other hand.

Straighten your elbow.

Hold for 20 - 30 seconds.

Repeat 3 times.

Times/day 2 - 3 times



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Eccentric Wrist Flexor Strengthening

Note: In this exercise the point is to avoid concentric muscle work, which in this case means actively bending your wrist. Therefore, the other hand is used to bend the wrist and bring the dumbbell to the upper position.

Sit beside a table, holding a dumbbell in one hand. Support your forearm on the table, so that your wrist is over the edge and palm is facing upwards. The wrist is bent upwards.

Slowly lower the dumbbell down. With the assistance of your other hand, return to the starting position by lifting the dumbbell and bending the wrist upwards.

Repeat 6 - 10 times.

Sets 1 - 2

Weight 1 - 3 kg

Times/day 2 times



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Eccentric Wrist Extensor Strengthening

Note: In this exercise the point is to avoid concentric muscle work, which in this case means actively bending your wrist upwards. Therefore, the other hand is used to bend the wrist and bring the dumbbell to the upper position.

Sit beside a table with your lower arm supported on the table. Hold a dumbbell with your palm facing down and your wrist over the edge of the table. Your wrist is bent upwards.

Slowly lower the dumbbell down. With the assistance of your other hand, return to the starting position by lifting the dumbbell and bending the wrist upwards.

Repeat 6 - 10 times.

Sets 1 - 2

Weight 1 - 3 kg

Times/day 2 times



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Forearm Rotation with Dumbbells (Pronation-Supination Exercise)

Sit on a bench with your forearms supported on your thighs and wrists hanging over your knees. Hold dumbbells in both hands with your palms facing upwards and wrists at neutral position (straight line from elbow to knuckles).

Start rotating your palms to face alternately downwards and upwards.

Repeat 6 - 10 times.

Sets 1 - 2

Weight 1 - 3 kg

Times/day 2 times



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Wrist Flexion Strengthening Exercise-(Resistance band)

Sit. Support your forearm on your thigh. Place an exercise band under your feet and hold the band with your palm up.

Bend your wrist up.

Repeat 6 - 10 times.

Sets 1 - 2

Weight kg

Times/day 1 times

Band Colour; Red/Green/Blue



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Wrist Flexion Strengthening Exercise-(Resistance band)

Strengthens the outside of the elbow and wrist extensors.

Instructions:

Sit and secure the ends of the band under your feet, creating a loop in the middle. With your elbows bent, stabilize your forearm on your thigh. Grasp the middle loop of the band with palm down. Bend your wrist upward, hold at the top and slowly return.

TIP: Keep your elbow in one position during the exercise; don't use your elbow to complete the exercise.

Sets 1-2 Reps 6-10

Colour Red/Green/Blue

Times/day 2 times