

Basic Elbow Exercise Program
(Perform 3x/ day)

1. Deep friction massage

Deep transverse friction across the area of the elbow that is sore; 5 minutes, several times daily.

2. Grip

Grip apparatus, putty, small rubber ball, and the like. Use as continuously as possible all day long.

3. Stretch flexors

Straighten elbow completely. With palm facing up, grasp the middle of the hand and thumb. Pull the wrist down as far as possible. Hold for 10 counts. Release and repeat 5-10 times before and after each exercise session.

4. Stretch extensors

Straighten elbow completely. With the palm facing down, grasp the back of the hand and pull the wrist down as far as possible. Hold for a 10 count. Release and repeat 5 to 10 times, before and after each exercise session.

Progressive Resistance Elbow Exercises

Begin each PRE with one set of 10 repetitions without weight, progressing to five sets of 10 repetitions as tolerable. When you are able to easily perform five sets of 10 repetitions, you may begin adding weight. Begin each PRE with one set of 10 repetitions with 1 pound, progressing to five sets of 10 repetitions as tolerable. When you are able to easily perform five sets of 10 repetitions with one pound, you may begin to progress your weight in the same manner.

In a preventative elbow maintenance program (excluding specific rotator cuff exercises), it is permissible to advance weight as tolerable with strengthening exercises, taking care to emphasize proper lifting technique.

5. Wrist curls

The forearm should be supported on a table with the hand off the edge; the palm should face upward. Using a weight or hammer, lower that hand as far as possible and then curl it up as high as possible. Hold for a two count.

6. Reverse wrist curls

The forearm should be supported on a table with the wrist in neutral position and the hand off the edge; the palm should face downward. Using a weight or hammer, lower the hand as far as possible and then curl the wrist up as high as possible. Hold for a two count.

7. Neutral wrist curls

The forearm should be supported on a table with the wrist in neutral position and the hand off the edge. Using a weight or hammer held in a normal hammering position, lower the wrist into ulnar deviation as far as possible. Then bring into radial deviation as far as possible. Hold for a two count. Relax.

8. Pronation

The forearm should be supported on a table with the wrist in neutral position. Using a weight or hammer held in a normal hammering position, roll the wrist and bring the hammer into pronation as far as possible. Hold for a two count. Raise back to the starting position.

9. Supination

The forearm should be supported on the table with the wrist in neutral position. Using a weight or hammer held in a normal hammering position, roll the wrist bringing the hammer into full supination. Hold for a two count. Raise back to the starting position.

10. Broomstick curl-up

Use a 1- to 2- foot broom handle with a 4- to 5- foot cord attached in the middle with a 1- to 5- pound weight tied in the center.

Extensors

Grip the stick on either side of the rope with the palms down. Curl the cord up by turning the stick toward you (the cord is on the side of the stick, away from you). Once the weight is pulled to the top, lower the weight by unwinding the stick rotating it away from you. Repeat three to five times.

Flexors

Same as above exercise (extensors), but have the palms facing upward.

11. Bicep curl

Support the arm on the opposite hand. Bend the elbow to full flexion, then straighten the arm completely.

12. French curl

Raise the arm overhead. Take the opposite hand and give support at the elbow. Straighten the elbow over the head, hold for a two count.

Eccentric Elbow Pronation

Holding a hammer in the hand (tied to a rubber band), start with the hand supinated, pronate against the rubber band. Then slowly allow the rubber band to overpower the wrist into supination.

Eccentric Elbow Supination

Holding a hammer in pronation (tied to a rubber band), supinate against the rubber band resistance. Then slowly allow the rubber band to overpower the wrist into pronation.

This protocol provides you with general elbow rehabilitative exercises. These should be used as a reference and in conjunction with specific nonoperative and operative elbow rehabilitation protocols.

Specific changes in any program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick at **952-456-7111**.

REFERENCE:

Clinical Orthopaedic Rehabilitation, 2nd edition. SB Brotzman, KE Wilk. Mosby 2003.