

Personal exercise program

Elbow Exercises

Coventry & Warwickshire NHS PT
Coventry & Warwickshire NHS PT
Childrens Physio, Paybody Unit, Stoney Stanton Road, CV1 4FH,
Coventry, United Kingdom

Provided for UPPER LIMB CLINIC
Training start date 20/01/2025



Bend then straighten your elbow slowly.

Hold the stretch with your elbow as straight as your body allows.

Repeat _____ times. Hold for _____ seconds.

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Bend your right arm at the elbow and touch your hand to that shoulder.

Hold this position for 5 seconds before moving onto the next stretch.

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Straighten your elbow by your side.

Hold this position for _____ seconds.

Repeat this exercise _____ times.

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Passive stretch to be completed with an adult



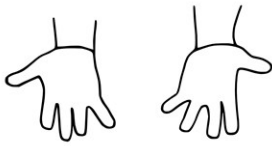
Place one of your hands on the upper arm above the elbow.
Place your other hand just below the elbow.

Slowly move the elbow from flexion towards extension. Stop before this is uncomfortable for the child.

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Hold this position for _____ seconds.

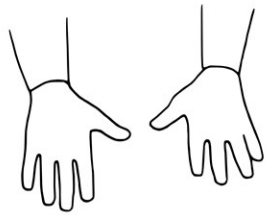
Repeat this exercise _____ times.



Turning palms of hand towards the ceiling (supinated)

Hold this position for _____ seconds. Repeat _____ Times.

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Turn palms down (pronated).

Hold this position for _____ seconds. Repeat _____ Times.

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