

# Exercises for elbow pain

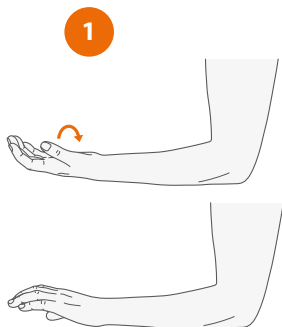
**This handy tear-off section contains exercises that are designed to stretch, strengthen and stabilise the structures that support your elbow.**

# Keeping active with elbow pain

It's important to keep active – you should try to do the exercises that are suitable for you every day. Start by exercising gradually and build up over time, and remember to carry on even when your elbow is better to prevent your symptoms returning.

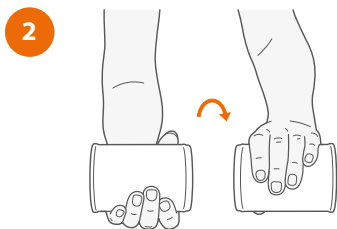
If you have any questions about exercising, ask your doctor or physiotherapist.

## Simple exercises



### Wrist turn

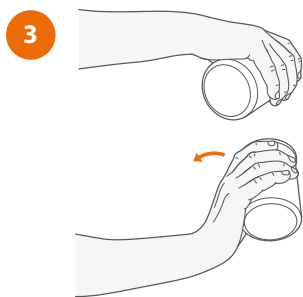
Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for five seconds, and then slowly release. Do three sets of 10 repetitions.



### Wrist turn with weight

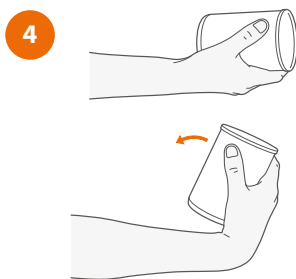
Repeat exercise 1 while holding a light weight (for example a tin of beans).

- ! If you have tennis elbow you may find it easier to exercise without weights at first, but once it feels more comfortable try to progress to light weights.



### Wrist lift (palm down)

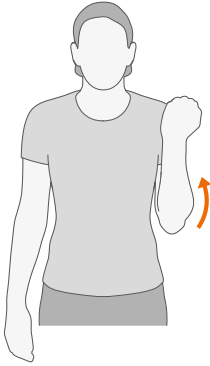
Bend your elbow at a right angle. Hold a light weight (for example a tin of beans), palm down. Bend your wrist slowly towards you, and then slowly release. Do three sets of 15 repetitions twice a day. This is a useful exercise for tennis elbow, and needs to be done for 8–12 weeks.



### Wrist lift (palm up)

Bend your elbow at a right angle. Hold a light weight (for example a tin of beans), palm up. Bend your wrist slowly towards you, and then slowly release. Do three sets of 15 repetitions twice a day. This is a useful exercise for golfer's elbow. It needs to be done for 8–12 weeks.

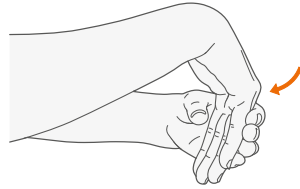
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### Elbow bend

Stand up straight and lower your arm to one side. Bend your arm slowly upwards so your hand is touching your shoulder. Hold for 15–30 seconds. Repeat 10 times. You can also use a light weight to help build up strength in your biceps and triceps, which is good for a biceps rupture.

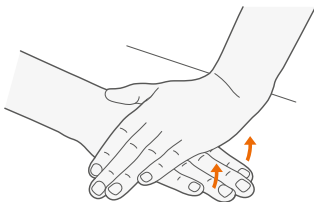
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### Wrist flex

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do three sets with each wrist. This exercise is especially good if you have tennis elbow, and starting it with the palm facing up is good for golfer's elbow.

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### Palm lift

Place your palm on the table and lift the fingers up. Place your other hand across the knuckles at 90° and push down as the bottom hand tries to pull up. You should feel the muscles of your forearms contracting. Swap hands and repeat.