

Elbow Exercises for Stiffness

Department of Orthopaedic Surgery
Glasgow Royal Infirmary & Stobhill Ambulatory Care Hospital

These elbow exercises are designed to get your elbow moving. They should be carried out frequently throughout the day. A small increase in your pain while exercising that lasts for a short time and settles is ok.

There is also helpful video material available online from the British Elbow & Shoulder Society (BESS). You can scan this QR code, or visit the link directly:

<https://bit.ly/elbow-videos>

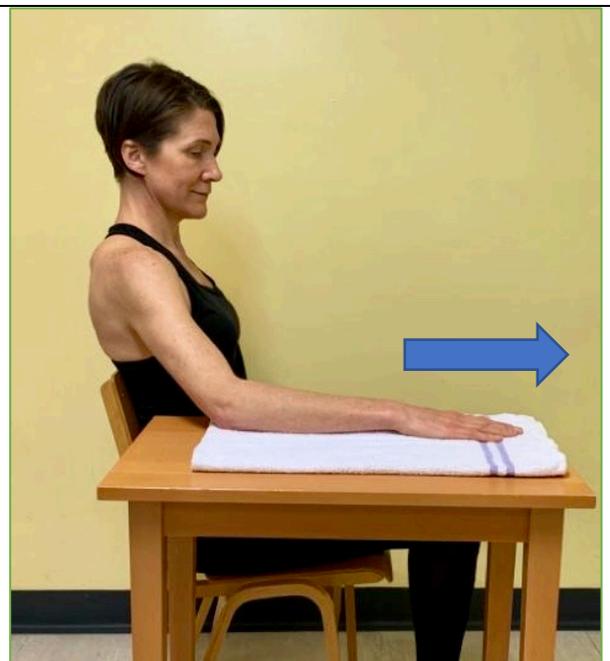


Exercise 1

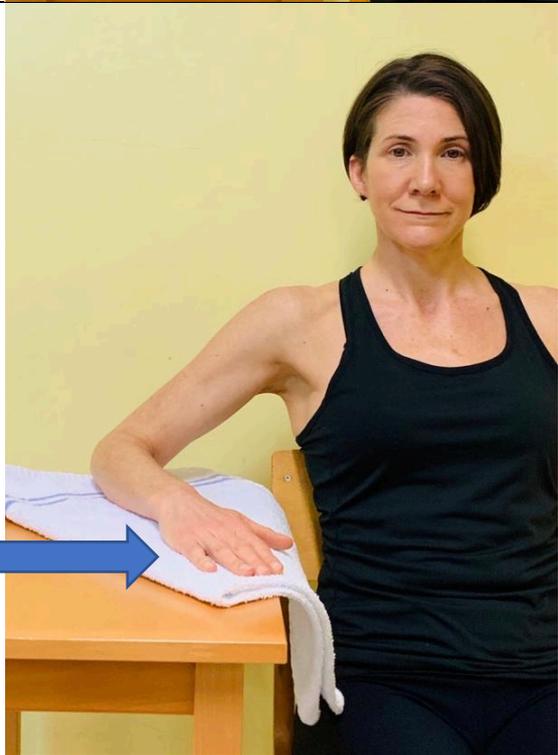
- Begin by resting your elbow and forearm on a table.
- Have a towel on the table to allow your forearm to slide easily
- Keep your back against the chair and do not lean forward
- Gently reach forward till you feel a stretch at the elbow
- The movement should be from the elbow not the shoulder
- Hold this position for 5 seconds
- Relax by sliding your hand back by a small amount (a few centimetres)

Repetition & Progression

- Repeat this exercises up to 10 times or until you feel fatigue



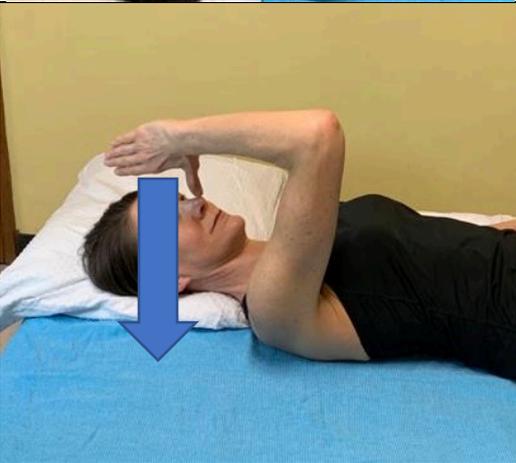
Exercise 2

<ul style="list-style-type: none">• Rest your elbow and forearm on a table, with your arm out to the side and in line with your body• Have a towel on the table to allow your forearm to slide easily	
<ul style="list-style-type: none">• Move your hand towards your body, bending at the elbow• The upper arm shouldn't move and the wrist should be straight.	
<p>Repetition and Progression</p> <ul style="list-style-type: none">• Repeat this exercises up to 10 times or until you feel fatigue	

Exercise 3

<ul style="list-style-type: none">• Have your painful elbow tucked into side supported on a pillow	
<ul style="list-style-type: none">• Tuck your thumb gently into palm, and turn your hand over so that the palm faces up to ceiling• Hold this position for 5 seconds	
<ul style="list-style-type: none">• Then turn your hand so that your palm faces to the floor• Hold this position for 5 seconds	
<p>Repetition and Progression</p> <ul style="list-style-type: none">• Repeat this exercises up to 10 times or until you feel fatigue	

Exercise 4

<ul style="list-style-type: none">• Lie on your back• Avoid resting your shoulder on the pillow• Start with your upper arm pointing to the ceiling	
<ul style="list-style-type: none">• Bend your elbow, aiming to reach your thumb to touch your nose• Hold this position for 5 seconds	
<ul style="list-style-type: none">• Then straighten your elbow and reaching your hand to the ceiling, avoid moving your upper arm• Hold this position for 5 seconds	
<p>Repetition and Progression</p> <ul style="list-style-type: none">• Repeat this exercises up to 10 times or until you feel fatigue	