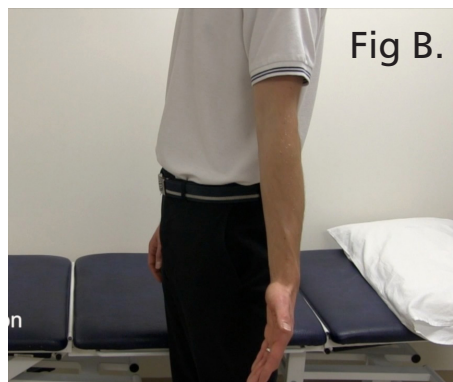
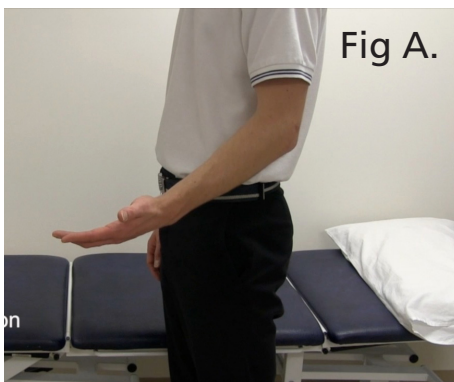


## Elbow ROM

Repeat the following exercises as directed by your physiotherapist.

### Elbow extension



Start with your arm at your side (Fig A).

Straighten your elbow as far as you can (Fig B), hold for two seconds and repeat.

### Elbow flexion

Hold your arm at your side (Fig D).

Bend your elbow as far as possible (Fig E), hold for two seconds and repeat. Each time try to increase the movement a little further.



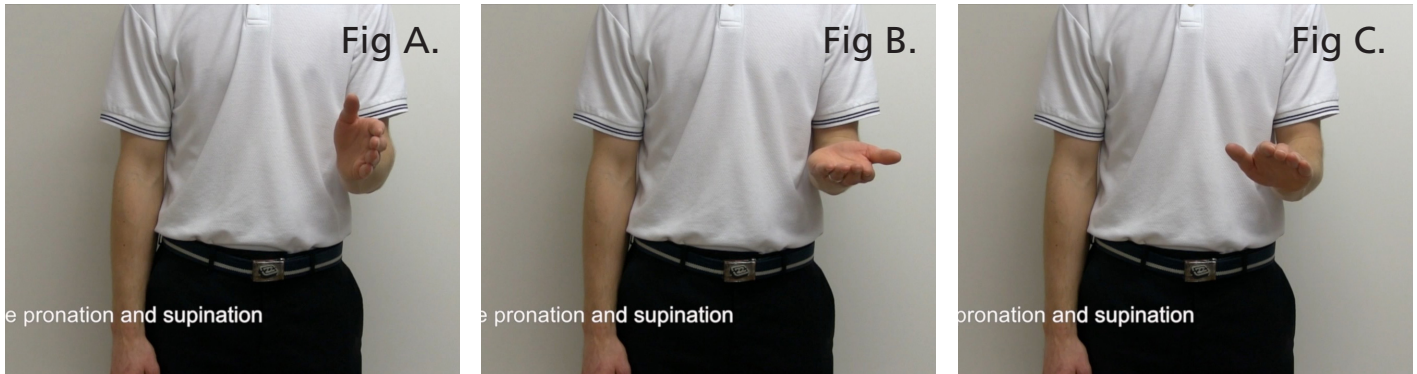
Progress this exercise by adding some 'overpressure' with your other hand (Fig F).

# Pronation and supination

Hold your elbow at your side at 90 degrees (Fig A).

Turn the palm up to the ceiling and down to the floor (Figs B and C).

Repeat as directed by your physiotherapist.



For a video demonstration of this exercise please press '[Ctrl](#)' and click [HERE](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.