

There are certain activities in the work place that may contribute to developing a sore elbow. These could include repetitive activities at work, lifting or carrying for long periods of time, or operating machine tools. The nature of these activities can, if not addressed lead to the gradual build up of tension and stiffness in the elbow. These exercises have been designed by our team of Chartered Physiotherapists to assist in preventing the onset of tension and stiffness or to ease any pain if it occurs.

1

#### Bending the elbow

This is a great, general exercise for the elbow which will help to maintain the movement in the joint.

- Sit comfortably in a chair
- Bend one elbow to the end of its movement and then pull slightly with the opposite hand just below the wrist to increase the stretch
- Hold for 2 seconds and then repeat 10 times
- Repeat on the opposite elbow

If you do this just once per day, you will really help reduce the gradual build up of tightness in the elbow and maintain the correct range of movement.



2

#### Straightening the elbow

Again, this is a great, general exercise for the elbow which will help to maintain the movement in the joint.

- Sit comfortably in a chair
- Let the elbow straighten to the end of its movement and then push slightly with the opposite hand just below the wrist to increase the stretch
- Hold for 2 seconds and then repeat 10 times
- Repeat on the opposite elbow

If you do this just once per day, you will really help reduce the gradual build up of tightness in the elbow and maintain the correct range of movement.



### 3

#### Turning the wrist and forearm

Again, this simple exercise will stretch out the tissue around the elbow and maintain the movement of the area.

Although this seem like just a wrist exercise, part of the twisting movement comes from the elbow.

- Sit comfortably in a chair with your elbow tucked in by your side and your forearm at 90 degrees to your upper arm
- Turn your palm up towards the ceiling and then down towards the floor holding the end of each movement for 2 seconds
- Perform this 10 times and then repeat on the other elbow or exercise both elbows at the same time



If you do this just once per day, you will really help to maintain the movement at the elbow.

### 4

#### Stretching the muscles in the back of the forearm

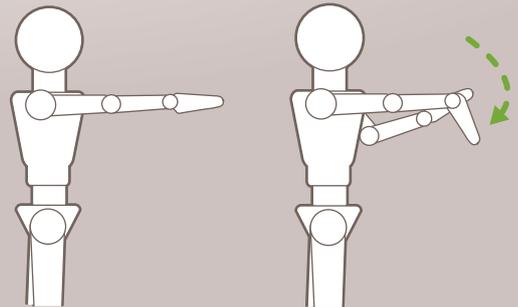
When you grip regularly or perform repetitive activities such as using a mouse and keyboard, the forearm muscles can become tight which can lead to elbow problems.

This simple exercise stretches the muscles in the back of the forearm and helps to maintain the movement in this area.

- Extend one arm out with the elbow straight and use the other hand to grasp the opposing hand at the side of the thumb and then bend the wrist downwards to apply the stretch to the area
- Hold the stretch for 5 seconds, repeat 5 times and then repeat on the other arm

Please remember to keep the elbow straight during this exercise.

If you do this exercise just twice per day, you will really assist in preventing the gradual build up of stiffness and tightness in the back of the forearm.



### 5

#### Stretching the muscle in the front of the forearm

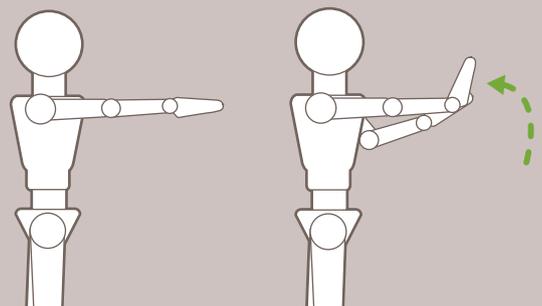
Again, when you grip regularly or perform repetitive activities such as using a mouse and keyboard, the forearm muscles can become tight which can lead to elbow problems.

This simple exercise stretches the muscles in the front of the forearm and helps to maintain the movement in this area.

- Extend one arm out with the elbow straight and use the other hand to grasp the opposing hand at the side of the thumb and then bend the wrist backwards to apply the stretch to the area
- Hold the stretch for 5 seconds, repeat 5 times and then repeat on the other arm

Please remember to keep the elbow straight during this exercise.

If you do this exercise just twice per day, you will really assist in preventing the gradual build up of stiffness and tightness in the front of the forearm.



## 6

### Strengthening the biceps

Maintaining the strength around the elbow is very important and people are often surprised to find that the strength around their elbows may not be as good as they expected and this simple exercise can really help to improve this.

- Sit in a good position, upright with a slight curve in the base of your spine
- Place your arm at your side, elbow straight and palm up and then put a weight in your hand
- The weight you use will be dependent on how strong you are, however a 500 ml bottle of water may be a good starting point for some and then gradually increase the weight as your strength improves
- Bend your arm upwards whilst keeping your elbow at your side and then slowly return to the starting position
- Repeat this 10 times on either arm

Like all of the exercises, do this carefully and slowly, particularly if you are not used to doing this.



## 7

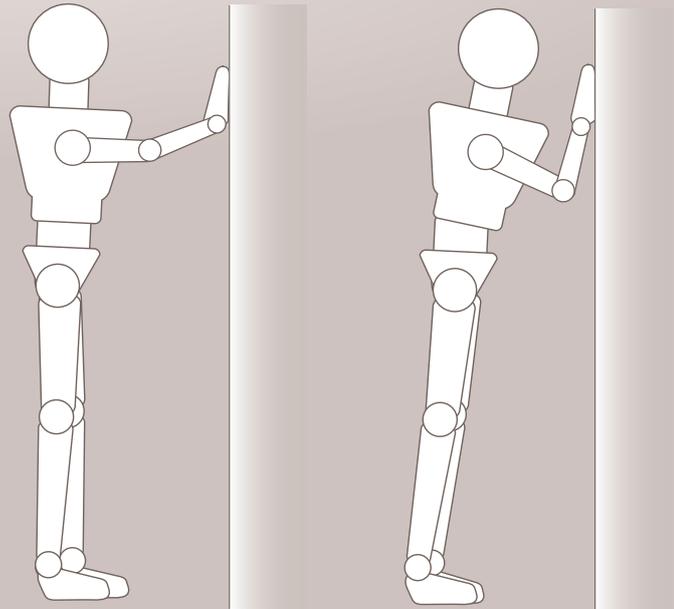
### Strengthening the triceps

Again, maintaining the strength around the elbow is very important and this simple exercise can really help to improve this.

- Stand in front of a wall in a plank position and place your hands on the wall with both hands just over shoulder distance apart
- Do push ups towards the wall as low as possible keeping the chin in and the shoulders and trunk stable
- Do this with 2 hands initially and then if you are able progress to do with one arm
- Practice this exercise each day until you can comfortably do 10 press ups with both hands and then progress until you can do 5 press ups with one hand

Like all of the exercises, do this carefully and slowly, particularly if you are not used to doing this.

Please remember to keep the chin in and the shoulders and trunk stable whilst performing this exercise.



Overall, remember to do these exercises slowly and carefully and also remember by maintaining the movement and strength in your elbows, you really will help to reduce the likelihood of elbow problems.

Please be aware Physio Med are not liable for your health and wellbeing as a consequence of following our exercises. Please consult your doctor and or physiotherapist before starting any new exercise or musculoskeletal rehabilitation programme.