

Elbow Stiffness Exercises Handout

These exercises are designed to improve flexibility and reduce stiffness in your elbow joint. Perform each exercise slowly and smoothly, without bouncing or jerking movements. If you experience pain or discomfort, stop and consult your healthcare provider.

Equipment needed

- Towel
 - Light weights (e.g., 1-2 lb dumbbell)
-

Exercises

1. Elbow extension stretch

- **Description:** Stand or sit upright. Extend your affected arm straight in front of you, palm facing down. Use your opposite hand to gently pull the fingers of your extended hand towards you, feeling a stretch along the forearm and elbow.
- **Repetitions:** Hold for 15-30 seconds, repeat 3-5 times.

2. Towel wrist flexor stretch

- **Description:** Roll up a towel and hold one end in each hand. Extend your affected arm straight in front of you, palm facing down. Use your unaffected hand to gently pull the towel upwards, allowing your wrist to bend back slightly.
- **Repetitions:** Hold for 15-30 seconds, repeat 3-5 times.

3. Wrist turn with light weights

- **Description:** Sit or stand with your affected arm bent at a right angle, palm facing down. Hold the weight in your hand. Slowly rotate your wrist upwards, then return to the starting position.
- **Repetitions:** 10-15 times per set, 2-3 sets.

4. Elbow bend and straighten

- **Description:** Sit or stand with your back straight. Gently bend your elbow, bringing your hand towards your shoulder. Hold briefly, then slowly straighten your arm fully.
- **Repetitions:** 10-15 times per set, 2-3 sets.

5. Palm-up wrist stretch

- **Description:** Extend your arm straight out in front of you, palm facing up. Use your other hand to gently press down on your extended fingers, feeling a stretch in your wrist and forearm.
- **Repetitions:** Hold for 15-30 seconds, repeat 3-5 times.

6. Elbow bend stand

- **Description:** Stand upright. Bend your injured elbow slowly, bringing your hand towards your shoulder as far as comfortable. Hold briefly, then gently straighten your arm.
- **Repetitions:** 10-15 times per set, 2-3 sets.

7. Right angle

- **Description:** Sit with your back straight. Place your injured arm in front of you, bent at a right angle with your palm facing up. Slowly rotate your forearm to bring your palm facing down, then rotate back to the starting position.
 - **Repetitions:** 10-15 times per set, 2-3 sets.
-

Notes

- Perform these exercises daily or as recommended by your healthcare provider.
- Start with gentle movements and gradually increase intensity as your elbow flexibility improves.
- If you experience increasing pain or discomfort during exercises, stop and consult your healthcare provider.