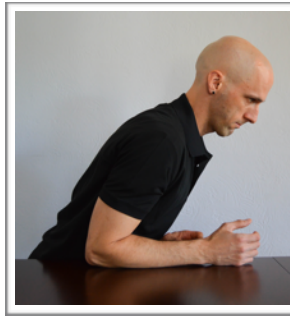
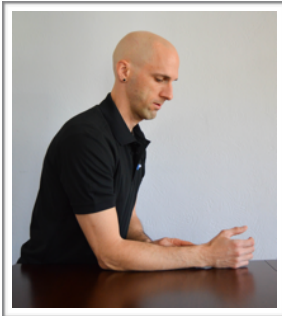




Stretching of the Stiff Elbow and Forearm

These exercises are sometimes given to improve elbow and forearm joint motion.
Only perform these under the guidance of a physician or occupational therapist.

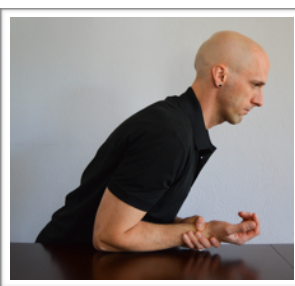
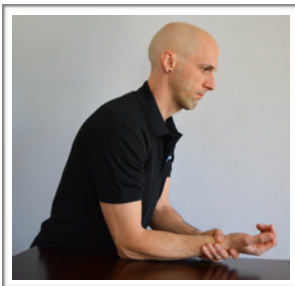


Support forearm on table or countertop. Gently lean body forward until elbow stretch is felt.

Hold ____ seconds.

Perform ____ repetitions.

Repeat ____ times a day.

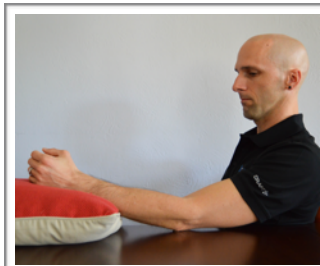
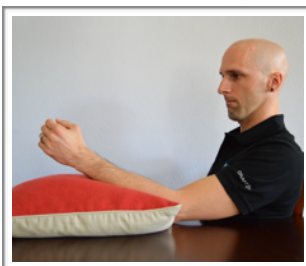


Support forearm on table or countertop. Gently grasp forearm and rotate palm up, then lean body forward until elbow stretch is felt.

Hold ____ seconds.

Perform ____ repetitions.

Repeat ____ times a day.



Rest upper arm on table with wrist supported by pillow. Over several minutes push pillow away letting gravity assist straightening the arm.

Hold ____ minutes.

Perform ____ repetitions.

Repeat ____ times a day.



Grasp forearm (not the hand) and gently rotate so the palm faces the floor.

Hold ____ seconds.

Perform ____ repetitions.

Repeat ____ times a day.