

**NORTH
YORK
GENERAL**

*Making a World
of Difference*

GULSHAN & PYRALI G. NANJI

ORTHOPAEDICS

and

PLASTICS CENTRE

ELBOW

EXERCISES



**NORTH
YORK
GENERAL**

*Making a World
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General Site

4001 Leslie Street

Toronto, ON M2K 1E1

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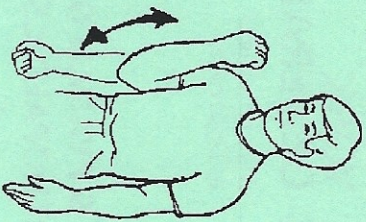
Gulshan & Pyrali G. Nanji

Orthopaedics and Plastics Centre

416-756-6970

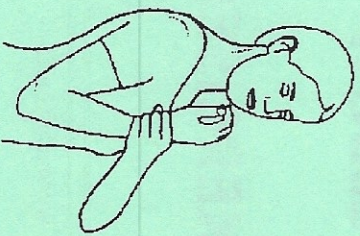
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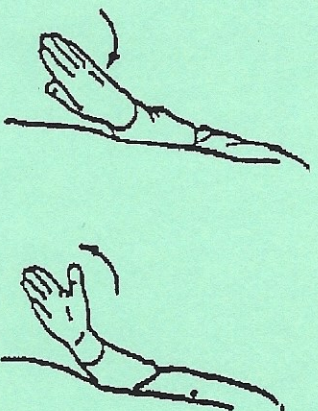
Sitting or standing, bend and straighten your injured elbow.

Repeat 30 times.
Repeat 3 times per day.



Stand. Grasp the wrist of the arm you want to exercise.
Bend your elbow and assist the movement with your other hand. Straighten your elbow.

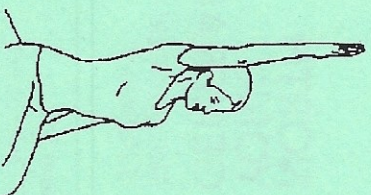
Repeat 30 times.
Repeat 3 times per day.



Pronation and Supination

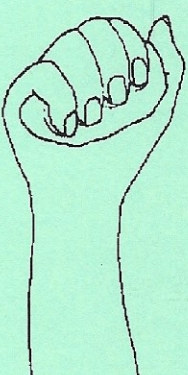
Bend your elbow to 90 degrees. Keep your arm in at your side. Turn palm up and hold for five seconds. Then turn palm down and hold for five seconds.

Repeat 30 times.
Repeat 3 or 4 times per day.



Sit or stand
Keep your shoulder moving to prevent stiffness, by lifting your arm up over your head.

Repeat 30 times (or as needed).
Repeat 2-3 times per day.



Squeeze a ball in your hand for 5 minutes. This is to maintain your grip strength.

Repeat as often as needed throughout the day.