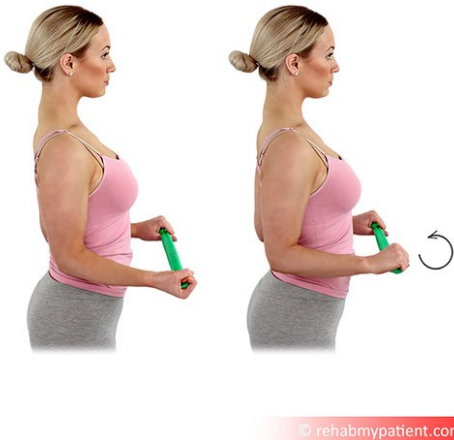




Elbow Flexion

Bend your elbow to your end of range, and then relax to allow your arm to hang down. This will help mobilise your elbow joint.

Video: http://youtu.be/HiyVS_7hrG8



Elbow Supination with Band

Bend your arm to 90 degrees, and holding a band in your other hand, rotate your forearm to feel tension in the band. The palm will start facing up and should finish facing down. You will feel a tension across the outer part of the elbow. This will strengthen the supinator muscles around the elbow.

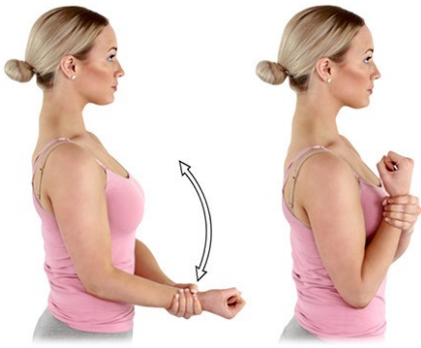
Video: <http://youtu.be/5udUclNEMS4>



Elbow Proprioception Ball Bounce

Practice bouncing a Swiss ball up and down, concentrating on control and movement of the elbow and shoulder. To make the exercise harder, practice bouncing in different directions. This exercise aids control and proprioception in the arm.

Video: <http://youtu.be/WTksCJ6dZA4>



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Elbow Flexion Passive Standing

Use your opposite arm to bend your elbow to your end of range, and then bring your arm back down. Remember to keep the arm as relaxed as possible. This will help mobilise your elbow joint.

Video: http://youtu.be/1lQ_CkpZnZM



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Elbow Flexion Overpressure

Bend your elbow, and when you get to the end of range of the movement, gently apply some overpressure using your other hand. This exercise will help improve mobility to your elbow.

Video: <http://youtu.be/xgY6Vk6DHpY>



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Elbow Flexion Passive Sitting

Resting your elbow on your thigh, use your opposite arm to bend your elbow. Try to keep your elbow being bent as relaxed as possible. This exercise will help improve mobility to your elbow.

Video: <http://youtu.be/rhOon8MKVeU>



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Elbow Flexion Hammer Curl

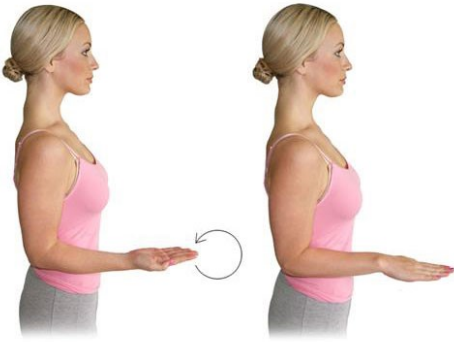
Imagine you are holding a hammer (the thumb will point towards the elbow), and bend your elbow. At your end of range, let the arm return back down to your start position. This will help mobilise your elbow joint

Video: <http://youtu.be/90Ob88P27lw>

Elbow Flexion Pronation

Bend your arm to 90 degrees, and rotate your forearm up and down. This will help mobilise your elbow joint.

Video: <http://youtu.be/1vNGtyv0xbo>



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Elbow Extension

Straighten your elbow slowly, and in a controlled way. Bring your elbow back up, and then repeat. This will help mobilise your elbow joint.

Video: <http://youtu.be/p9NWdru3m0o>



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Elbow Extension Overpressure

Rest your elbow on your thigh, and straighten your arm as much as possible. Apply overpressure using your other hand. You will feel a stretch in the Biceps muscle and around the back of the elbow joint, and this will help straighten a stiff arm.

Video: <http://youtu.be/gP5r3G0tONw>



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Elbow Extension Passive

Resting your elbow on your thigh, use your opposite arm to straighten your elbow. Try to keep your elbow as relaxed as possible. This will help mobilise your elbow joint.

Video: <http://youtu.be/XsdE13f6P80>



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P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Medial Epicondylitis.pdf](#)