Elbow Range of Motion Home Exercise Program

Elbow Extension

**Purpose:** To strengthen your tricep muscle, which straightens your elbow.

**Position:** Lie on a firm surface. Touch your hand to your opposite shoulder. Your elbow should point to the ceiling.

**Action:** Raise hand up toward the ceiling until your elbow is straight. Slowly lower hand to the starting position. Repeat.

Forearm Pronation/Supination

**Purpose:** To strengthen muscles of the forearm and maintain/improve motion of the forearm.

**Position:** Sitting or standing with arm at side and elbow bent to a 90º angle.

**Action:** Begin with palm facing up and turn palm facing down. Return to starting position. Repeat.

Biceps Curl

**Purpose:** To strengthen your biceps muscle, which bends your elbow.

**Position:** This can be done lying, sitting or standing. Start with arm straight at your side.

**Action:** Bend your elbow, bringing your hand toward your same shoulder. Straighten your arm. Repeat.