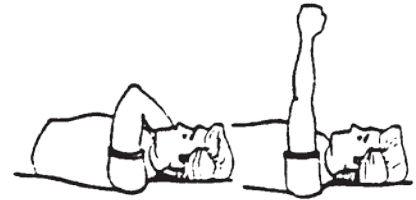


Elbow Range of Motion Home Exercise Program

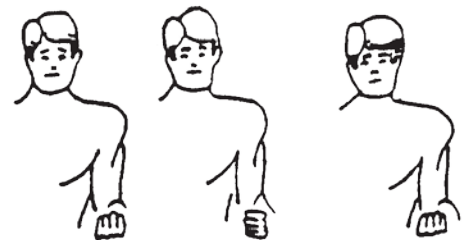
Elbow Extension

- 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 90° 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.

