

Overhead Elbow Exercise Protocol

These exercises are to be completed every 1 hour while awake. Complete 10-15 repetitions of each exercise and hold each completed repetition for 10-15 seconds.

ONLY complete the exercises within your pain tolerance and with your own muscle power.

If you've been prescribed a splint/brace, please wear it when not doing exercises.

1. Flexion & Extension – in lying, start by keeping your injured arm beside your body and support it with your other (non-injured) arm. Next, raise your injured arm so that the tip of your elbow points straight up towards the sky as shown in the picture on the left. Now bend (flex) and straighten (extend) your elbow as shown in the pictures. Continue to support the injured arm – do NOT push it with the other arm.

Unless directed otherwise, keep your thumb pointing down towards your shoulder while doing these exercises.



2. Supination & Pronation – complete these exercises in a seated position with your elbow bent to at least 90 degrees and arm positioned at the side of your body – rotate your palm up (supination) and then rotate your palm down (pronation)



3. Resisted Isometric Flexion & Extension – complete these exercises in a seated position with your elbow bent at 90 degrees and arm positioned at the side of your body.



Place your opposite hand on top of your forearm as shown to resist movement of the injured elbow. Try to bend your elbow as you continue to resist any actual movement with your opposite hand. You should feel your biceps contract. Hold that contraction for 10 – 15 seconds.



Place your opposite hand underneath your forearm as shown to resist movement of the injured elbow. Try to straighten your arm as you continue to resist any actual movement with your opposite hand. You should feel your triceps contract. Hold that contraction for 10-15 seconds.

Sleeping Position – unless directed otherwise, sleep with your splint on and your elbow at your side. Use a pillow on your chest and one on the outside of your injured arm (see pictures below) to support the arm in this position.



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