



ELBOW ACTIVE AND PASSIVE EXERCISES

The exercises described below can be used for a stiff elbow following injury, immobilization, or post surgery per your doctor's or therapist's recommendation. The exercises can typically be performed 4-6X/day or as tolerated with 10-15 repetitions being the norm. Applying heat prior to exercise will significantly reduce pain and stiffness, and allow a greater amount of Range of Motion (ROM) during your exercises.

ACTIVE RANGE OF MOTION (AROM)



*Bend and straighten your elbow to end stretch and hold for 10-15 seconds in each position

PASSIVE RANGE OF MOTION



*Using other hand, bend elbow into flexion and hold for 10-15 seconds



*While supporting elbow on table or on a book, push straight into extension and hold 10-15 seconds



Stand next to wall and rotate palm outward to touch wall. Gently apply pressure to straighten elbow only if tolerated. Hold 10-15 seconds.