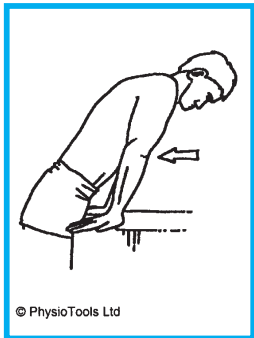


Elbow exercises

E1

Do these exercises ____ x day



1. Stand leaning on the table with straight arms, palms against the table and fingers turned backwards.

Shift your body weight backwards until you feel the stretch on the inside of your forearms.

Hold ____ seconds Repeat ____ times



2. Stand. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand. Straighten your elbow.

Hold ____ seconds Repeat ____ times

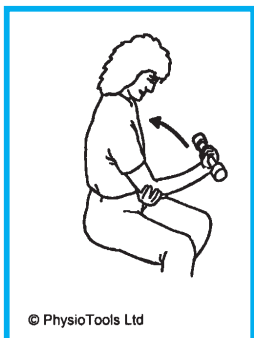


3. Stand or sit.

Bring the arm to be exercised up with your palm face up to the ceiling.

Turn your forearm so that your palm is face down.

Hold ____ seconds Repeat ____ times



4. Sit or stand holding a hand weight. Support the elbow of the arm to be exercised with the other hand as shown in the picture.

Bend and straighten the elbow.

Hold ____ seconds Repeat ____ times