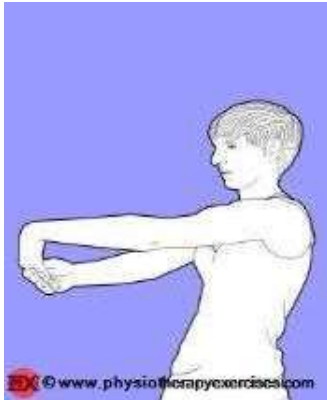




Elbow

Wrist and finger extensor stretch in standing



Hold for __ seconds.
Repeat __ times.

Therapist's aim

To stretch or maintain the length of wrist and finger extensors.

Client's aim

To stretch or maintain length of your wrist and finger extensors.

Therapist's instructions

Position the patient in standing with their arm in pronation. Instruct the patient to flex their fingers and wrist with the other hand. Ensure that the patient keeps the elbow straight.

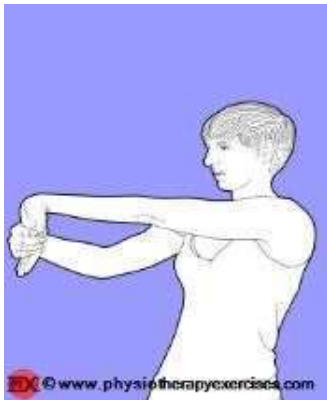
Client's instructions

Position yourself in standing with your arm outstretched and your palm facing down. Bend your fingers and your wrist with your other hand. Ensure that your elbow remains straight.

Progressions and variations

1. Impaired or absent sensation of stretch.

Wrist and finger flexor stretch in standing



Hold for __ seconds.
Repeat __ times.

Therapist's aim

To stretch or maintain the length of the wrist and finger flexors.

Client's aim

To stretch or maintain length of your wrist and finger flexors.

Therapist's instructions

Position the patient in standing with their arm in supination. Instruct the patient to extend their fingers and wrist with their other hand. Ensure that the patient keeps the elbow straight.

Client's instructions

Position yourself in standing with your arm outstretched and your palm facing upwards. Straighten your fingers and bend your wrist back with your other hand. Ensure that your elbow remains straight.

Progressions and variations

1. Impaired or absent sensation of stretch.

Elbow flexor stretch in supine



Hold for __ minutes.

Therapist's aim

To stretch or maintain length of the elbow flexors.

Client's aim

To stretch or maintain range in your elbow.

Therapist's instructions

Position the patient in supine with their arm beside their body and their elbow extended over a rolled towel. Place a weight over their wrist joint.

Client's instructions

Position yourself lying on your back with your arm beside your body and your elbow held straight over a rolled towel. Place a weight over your wrist joint.

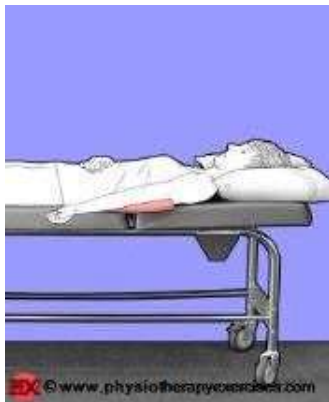
Progressions and variations

Less advanced: 1. Decrease the size of the rolled up towel under the arm. More advanced: 1. Increase the size of the rolled up towel under the arm.

Precautions

1. Impaired or absent sensation of stretch.

Elbow stretch



Hold for __ minutes.

Therapist's aim

To stretch or maintain length of the elbow flexors.

Client's aim

To stretch or maintain range in your elbow.

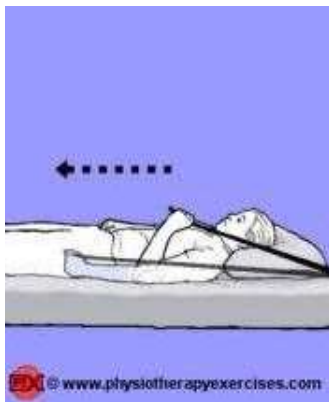
Therapist's instructions

Position the patient in supine with their arm beside their body and their elbow extended over a rolled towel. Instruct the patient that they should feel a stretch in the front of their elbow.

Client's instructions

Position yourself lying on your back with your arm beside your body and your elbow held straight over a rolled towel. You should feel a stretch in the front of your elbow.

Elbow extensor strengthening in supine using theraband



Perform __ sets of __ reps.
Do __ sessions per week.

Therapist's aim

To strengthen the elbow extensors.

Client's aim

To strengthen your triceps.

Therapist's instructions

Position the patient in supine with their elbow flexed. Adjust the theraband so that the direction of pull opposes elbow extension. Instruct the patient to extend their elbow.

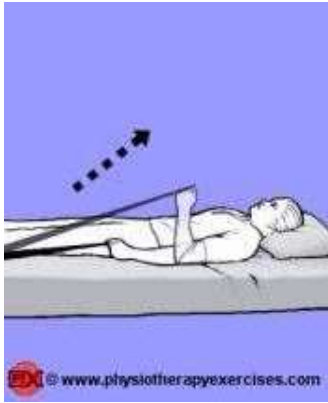
Client's instructions

Position yourself lying on your back. Adjust the theraband so that the direction of pull is from the top of the bed. Start with your arm beside you and your elbow bent. Finish with your elbow straight.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Elbow flexor strengthening in supine using theraband



Perform __ sets of __ reps.
Do __ sessions per week.

Therapist's aim

To strengthen the elbow flexors.

Client's aim

To strengthen your biceps.

Therapist's instructions

Position the patient in supine with their elbow extended. Adjust the theraband so that the direction of pull opposes elbow flexion. Instruct the patient to flex their elbow.

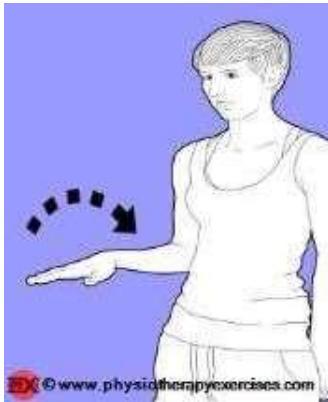
Client's instructions

Position yourself lying on your back. Adjust the theraband so that the direction of pull is from the bottom of the bed. Start with your arm beside your body on the bed. Finish with your elbow bent.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Forearm pronation active range of motion



Perform __ sets of __ reps.
Do __ sessions per week.

Therapist's aim

To improve range of motion in the forearm.

Client's aim

To improve range in your forearm muscles.

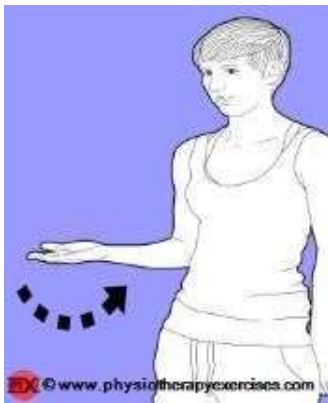
Therapist's instructions

Position the patient in standing with elbow flexed to 90 degrees and the forearm supinated. Instruct the patient to pronate the forearm.

Client's instructions

Position yourself in standing with your elbow bent to 90 degrees and your palm turned up. Turn your palm down. Ensure that your elbow is kept tucked in to your body.

Forearm supination active range of motion



Perform __ sets of __ reps.
Do __ sessions per week.

Therapist's aim

To improve range of motion in the forearm.

Client's aim

To improve range in your forearm muscles.

Therapist's instructions

Position the patient in standing with the elbow flexed to 90 degrees and forearm pronated. Instruct the patient to supinate the forearm.

Client's instructions

Position yourself in standing with your elbow bent to 90 degrees and your palm turned down. Turn the palm of your hand up. Ensure that your elbow is kept tucked in to your body.