

Exercises for Chronic Elbow Pain

This strengthening and stretching program will help lessen your pain, and get you stronger and more flexible, so you can do the activities you enjoy with less pain and effort. Choose a time of day that best fits your daily routine. Please talk with your primary care provider or physical therapist if you have questions or concerns.

Strengthening

1. Elbow bending (flexion)

- a. Sit or stand with your arm at your side and palm facing forward.
- b. Bend your elbow, bringing your hand to your shoulder and keeping your palm up toward the ceiling.
- c. Go back to the starting position.



Add weight or a band for resistance.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

2. Elbow straightening (extension)

- a. Lie on your back, with your arm at shoulder height.
- b. Straighten your elbow, pushing your hand toward the ceiling.
- c. Go back to the starting position.



Add weight or a band for resistance.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

3. Wrist extension and flexion

- Sit and rest your forearm on the table with your hand and wrist over the edge.
- With your palm face up, move your wrist upward.
- Go back to the starting position.
- With your palm face down, move your wrist down.
- Go back to the starting position.



Add a weight or a lightweight hammer for resistance.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

4. Forearm pronation and supination

- Sit and rest your forearm on the table with your thumb up.
- Slowly rotate your hand to one side so your palm is up.
- Go back to the starting position.
- Rotate to the other side with your palm down.
- Go back to the starting position.



Add a weight or a lightweight hammer for resistance.

Repetitions	Number of Sets	Days per Week
10	3	3 to 5

Stretching

1. Forearm stretching

- Sit or stand.
- Keep your elbows straight and use one hand to bend your wrist downward until a gentle stretch is felt along your forearm.
- Repeat the stretch, bending your wrist upward until a stretch is felt under your forearm.



Hold	Repetitions	Days per Week
30 Seconds	3	Daily