

Elbow Exercises Level 2

Patient Information

Musculoskeletal (MSK) Physiotherapy Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: GE
Leaflet Ref: Tpy 035
Version: 2
Leaflet title: Elbow Exercises Level 2
Date Produced: January 2024
Expiry Date: January 2026

Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner; you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

Leigh Health Centre

Telephone: 0300 707 1597

wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre

Telephone: 0300 707 1772

wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House

Telephone: 0300 707 1113

Wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital

Telephone: 01257 256305

Wwl-tr.therapyadmin@nhs.net

Elbow Level 2 – Exercises 1 to 5



1. Wrist Extensor Strengthening

Note: In this exercise, the point is to avoid actively bending your wrist upwards. Therefore, the other hand is used to bend the wrist and bring the weight to the upper position.

Sit with your lower arm supported. Hold a dumbbell, or a household object such as a bottle of water to add resistance, with your palm facing down and your wrist over the edge of the support. Your wrist is bent upwards.



Slowly lower the dumbbell down. With the assistance of your other hand, return to the starting position by lifting the dumbbell and bending the wrist upwards.

Assist on the way up, let go and hold for a few seconds, control the movement on the way back to the start, repeat.

Repeat 10 times. Sets 3.



2. Wrist Flexor Strengthening

Note: In this exercise, the point is to avoid actively bending your wrist. Therefore, the other hand is used to bend the wrist and bring the weight to the upper position.

Sit with your lower arm supported. Hold a dumbbell, or a household object such as a bottle of water to add resistance, with your palm facing up and your wrist over the edge of the support. Your wrist is bent upwards.

Slowly lower the weight down. With the assistance of your other hand, return to the starting position by lifting the weight and bending the wrist upwards.

Assist on the way up, let go and hold for a few seconds, control the movement on the way back to the start, repeat.

Repeat 10 times. Sets 3.





3. Biceps/Zottman Curl

Stand tall, or sit, with arms by your side, holding a weight in each hand. The weight could be a water bottle.

Palms facing forwards.

Bend your elbows and bring your palms towards your shoulders. Turn your palms down, once they are at the top of the movement.

Straighten your arms back to the starting position in a controlled manner, keeping your palms down towards the floor.

Repeat 10 times. Sets 3.



4. Front Raises

Stand or sit holding some form of weight in your hands; a bag with safe objects in is perfect if you don't have access to dumbbells.

Lift both arms forwards away from your body to just over shoulder height.

Control the movement back to the start position

Repeat 10 times. Sets 3.



5. Farmer's Walk

Stand tall and hold weights, such as kettlebells or a heavy bag, in the affected arm. Arms are hanging straight by your sides, with shoulders and upper back active.

Walk approximately 10 steps while maintaining a straight posture.

Repeat 3 times.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

Proudly serving those who serve.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk

