

Elbow Exercises Level 3

Patient Information

Musculoskeletal (MSK) Physiotherapy Services



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<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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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

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Therapy Department- Wrightington Hospital

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Elbow Level 3 – Exercises 1 to 5



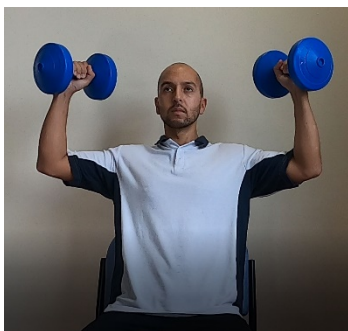
1. Weighted Swings

Ideally use a kettlebell if you have access to one, but if not, a bag containing some water bottles can do the job just fine. Start with the weight between your knees and using a thrust action from your hips swing the weight forwards.

A good height to swing the weight to is the height of your head.

Add speed to the swing with every swing. Lower the weight and relax back to the starting position; don't slow down the speed with your hands.

Repeat 10 times. Sets 3.



2. Shoulder Press

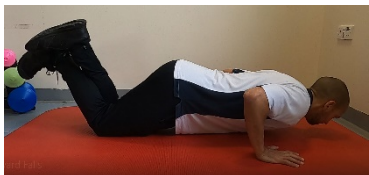
Stand tall or sit in a chair. Hold weights at shoulder height with your elbows pointing to the sides. If you don't have any dumbbells, then bottles of water can be used instead.

Press the weights up to straight arms. Return to the starting position in a controlled manner.

Note:

- Try not to shrug your shoulders.
- Keep abdominals tight to avoid excessively extending your lower back.

Repeat 10 times. Sets 3.

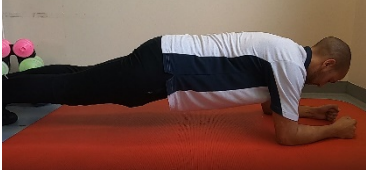


3. Forward Falls

On your knees, fall forwards landing on your hands and softening the landing by bending your elbows and lowering your chest to the floor.

Lift yourself back into a kneeling position and repeat.

Repeat 10 times. Sets 3.



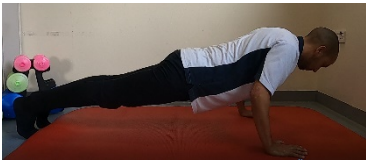
4. Plank Lifts/High Plank to Low Plank

Start on your hands and toes, with your body in a straight line.

Lower yourself down onto your elbows trying to keep your back as straight as possible.

Push yourself back up onto your hands.

Repeat 10 times. Sets 3.



5. Push Up

On your hands and knees, hands slightly wider than shoulders. Buttocks and trunk active, body in a straight line.

In a controlled manner, lower your chest close to the floor. Push back up.

NB: If you can manage, you can do this in the full press up position, rather than on your knees. As shown in the 2nd photo.

Repeat 10 times. Sets 3.

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)

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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.

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