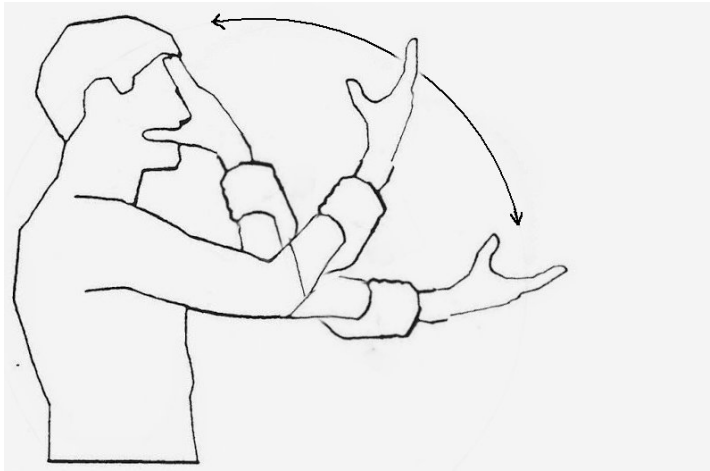
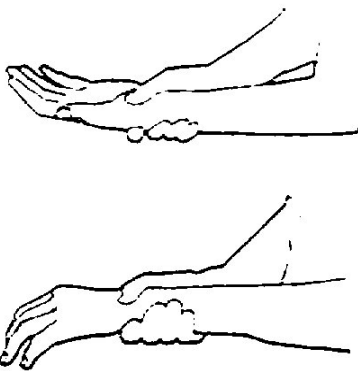


Elbow Acute Exercises

These movements need to be passive. Use your opposite hand to move your affected arm. Do not use the affected arm to move through these exercises.



Using your unaffected hand, slowly flex and extend your affected arm within pain tolerance.



Using your unaffected hand, slowly rotate your forearm back and forth near the wrist within pain tolerance.

Do Not Cause Pain.

HOLD: ☐5 ☐10 **REPS:** ☐5 ☐10 **SETS:** ☐1 ☐2 ☐3

☐ Ice After Exercises, and 20 Mins Every Hour

Name_____ Date_____ Dr._____