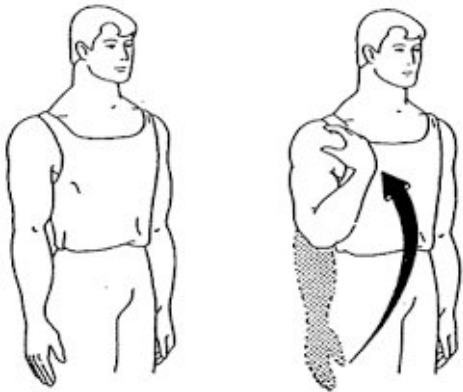
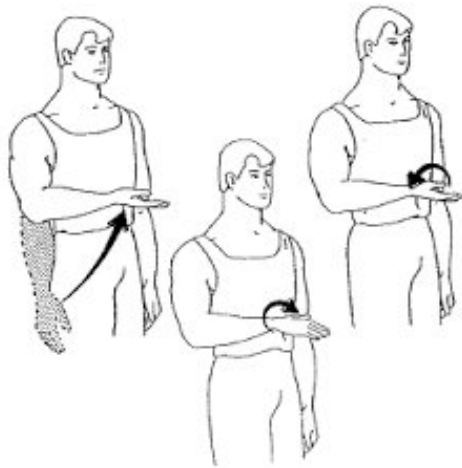


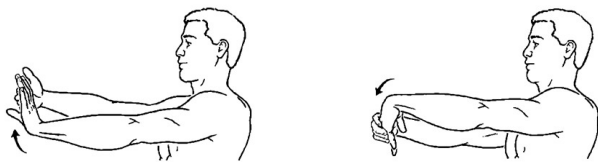
Elbow Sub-Acute Exercises



Flex and extend your elbow as fully as you can.



With your elbow flexed to 90 degrees, rotate your forearm back and forth.



Extend your elbow fully, then use your opposite hand to flex and stretch the hand further. Then do the same with extension of the hand.

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. _____