

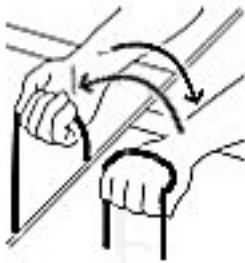
Elbow Theraband Strength Exercises



With your arm hanging by your side fully extended, slowly flex your elbow to 90 degrees.



With your elbow flexed to 90 degrees, slowly extend your elbow fully.



With the band taut on both sides and gripped in your hand, slowly rotate your forearm back and forth.

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. _____