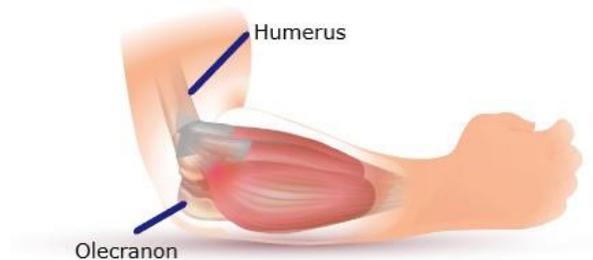


THE ELBOW JOINT

Like all joints the elbow joint is comprised of bones, ligaments, muscle and nerve

The distal part of the upper arm, the humerus ends with two round condyles which articulate with the bones of the forearm, the radius and ulna. The upper arm is connected to the forearm through the elbow joint, which is a hinged type joint.



The stability of the elbow is provided by ligaments at the elbow joint:

- Medial Collateral Ligament
- Lateral Collateral Ligament
- Annular Ligament

Movements of the elbow controlled by muscles are:

Flexion, Extension, Supination and pronation

Exercise Tip:

If exercise causes pain and stiffness:

Use a bean bag or soak the muscles in warm water for about five to 10 minutes. Be Careful not to burn.

If swelling and pain occurs

Apply an ice pack over the area for 10-20 minutes and place ice in a cloth to prevent damage to skin.

Disclaimer: Information given in this brochure is purely to make people aware of general knee exercises to increase range of motion and strength. Consult your doctor or physiotherapy if you feel an increase in knee pain.

Attribution Credits:

Anatomy: <ahref="https://www.injurymap.com/diagnoses/tennis-elbow-golf-elbow">Elbow pain Modifications: Labelling
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Elbow Exercises



Elbow Flexion and extension



(Rep: X 3)

Place your Elbow and Forearm on a table to give it support. Now bend the elbow from a straight position (Flexion)



(Rep: X 3)

Place your Elbow and forearm on a table to give it support. Straighten the elbow from a bent position (Extension)

Supination and pronation



(Rep: X 3)

Place your Elbow and forearm on a table to give it support. Now turn the palm down to the table (Pronation)



(Rep: X 3)

Place your Elbow and forearm on a table to give it support. Turn your palm up to the ceiling (Supination)

Wrist Flexion and extension



(Rep: X 3)

Place your Elbow and forearm on a table to give it support. Bend the wrist to the palm side (Flexion) and then bend away from palm



(Rep: X 3)

Place your Elbow and forearm on a table to give it support. Bend the wrist away from the palm side (Extension)

Stretches

Place your Elbow and forearm on a table to give it support. Bend the wrist to the palm side (Flexion) Support the position with your other hand



Place your Elbow and forearm on a table to give it support. Bend the wrist away from the palm side (Extension) Support the position with your other hand

Strengthening and Progressions:

Consult with your Doctor or Physiotherapist, when you will be able to add resistive or strengthening exercises to your exercise routine.

The following equipment may be used in the progression:

- Weights
- Resistive Bands
- Elastic bands
- Tennis balls

Wrist movements can assist in the elbow movement and the contraction of certain muscles in the elbow.

All movements should be done slowly and within the limit of pain. No overstretching of the joint.

Exercise Notes: