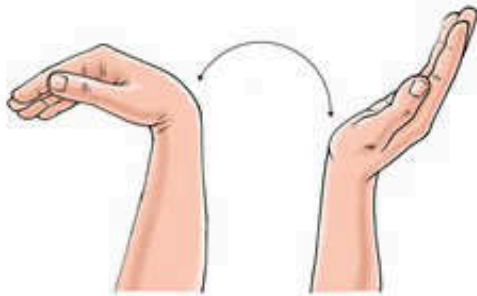


Elbow Fracture, Radial Head Rehabilitation Exercises



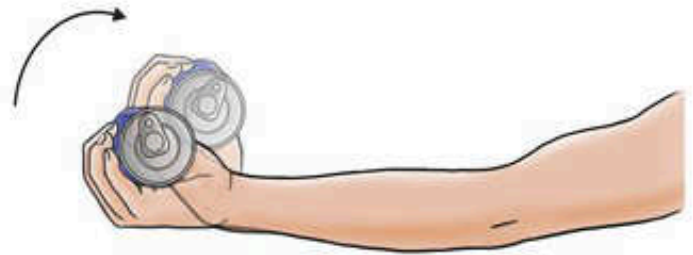
Wrist active range of motion: Flexion and extension



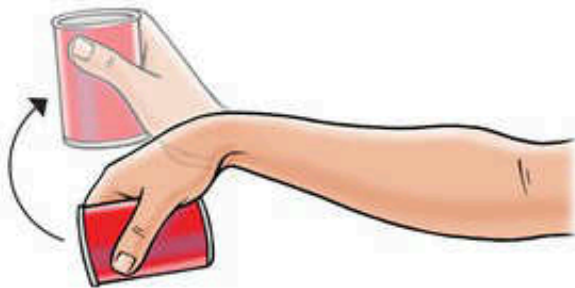
Forearm pronation and supination



Active elbow flexion and extension



Wrist flexion



Wrist extension



Wrist radial deviation strengthening



Forearm pronation and supination strengthening



Wrist extension (with broom handle)

ELBOW FRACTURE, RADIAL HEAD: EXERCISES



View image

You may do the stretching exercises right away. You may do the strengthening exercises when stretching is nearly painless.

STRETCHING EXERCISES

- **Wrist active range of motion, flexion and extension:** Bend the wrist of your injured arm forward and back as far as you can. Do 2 sets of 15.
- **Forearm pronation and supination:** Bend the elbow of your injured arm 90 degrees, keeping your elbow at your side. Turn your palm up and hold for 5 seconds. Then slowly turn your palm down and hold for 5 seconds. Make sure you keep your elbow at your side and bent 90 degrees while you do the exercise. Do 2 sets of 15.
- **Active elbow flexion and extension:** Gently bring the palm of the hand on your injured side up toward your shoulder, bending your elbow as much as you can. Then straighten your elbow as far as you can. Repeat 15 times. Do 2 sets of 15.

STRENGTHENING EXERCISES

- **Wrist flexion:** Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 2 sets of 15. Gradually increase the weight of the can or weight you are holding.
- **Wrist extension:** Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist up. Slowly lower the weight down into the starting position. Do 2 sets of 15. Gradually increase the weight of the object you are holding.
- **Wrist radial deviation strengthening:** Put your wrist in the sideways position with your thumb up. Hold a can of soup or a hammer handle and gently bend your wrist up, with the thumb reaching toward the ceiling. Slowly lower to the starting position. Do not move your forearm throughout this exercise. Do 2 sets of 15.
- **Forearm pronation and supination strengthening:** Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. Slowly turn your hand so your palm is up and then down. Do 2 sets of 15.
- **Wrist extension with broom handle:** Stand up and hold a broom handle in both hands. With your arms at shoulder level, elbows straight and palms down, roll the broom handle backward in your hand. Do 2 sets of 15.

Developed by RelayHealth.



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