



## ELBOW CARE

**To keep your elbow healthy and allowing you to stay active.**

Below is our home elbow exercise program which lists the best exercises that can be done 1-2 times per week (or as needed), as an addition to any exercise routine, to keep your elbow strong and pain-free.

**Note:** Stop any exercise that causes pain and focus only on those that do not cause pain during or afterwards. Some light muscle soreness lasting no more than 1 day is acceptable.

- **Wrist flexion and extension stretch** – with the elbow extended, palm facing down and the shoulder at 90 degrees of elevation, extend your wrist as far as you can. Then use your opposite hand to extend the wrist even further. You should feel a stretch in your forearm. Once completed, flex your wrist. Use the opposite hand to stretch the wrist into flexion. Again, you will feel a stretch in your forearm.

Flexor stretch:



Extensor stretch:



- **Gripping exercises** are excellent to help the elbow. This can be done with a ball, a handheld gripper, or any other device that provides resistance while you attempt to make a fist. This will help strengthen the muscles of the forearm and will keep the elbow health. Be careful not to do this exercise if you are experiencing tennis elbow.





- **Forearm rotation exercises** – with a 1- or 2-pound weight held in your hand (or more if needed), elbow bent, simply turn your palm up and down, keeping the shoulder and elbow immobile. Perform this exercise with your elbow flexed to create forearm supination/pronation. This should be done in a very controlled manner to avoid any excess stress on the elbow. This can be done for 3 sets of 10.



- **Wrist curls (flexion)**- using a small hand weight in your hand, straighten your elbow, rest your forearm on the edge of the table or arm rest, palm up. Start with your wrist extended (palm should be facing away from you now), then curl the weight up (palm facing you). Perform in a controlled manner and perform 3 sets of 10.

Start:



Finish:





- **Wrist curl (extension)**- using a small hand weight in your hand, straighten your elbow, rest your forearm on the edge of the table or arm rest, palm down. Start with wrist flexed (fingers down), then curl the weight up (back of your hand should be facing you). Perform in a controlled manner and perform 3 sets of 10.

Start:



Finish:



## **Your donation to the ASES Foundation will support training and education in shoulder and elbow surgery which expand into the following areas:**

- Scholarships to courses and other educational opportunities
- Fellow education grants designed to subsidize specialty training in shoulder and elbow surgery
- DEI and Mentorship Initiatives
- National Shoulder and Elbow Week and local research grants
- The "Trends in Shoulder Arthroplasty Report"
- Virtual library of shoulder and elbow materials
- Increase ASES technique "How-to" videos and create a virtual library
- Provide webinars and other remote internet based-education
- Continue to update shoulder and elbow curriculum
- Special projects such as Maintenance of Certification
- Further opportunities for our North America fellowship

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