

Elbow Programme

Tick the required exercise below

1. Overhead extension



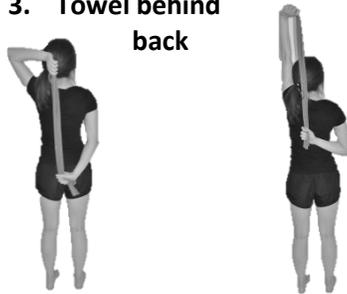
- Laying on your back, hold a rolled towel with both hands above your head.
- Keep your arms straight, move your arms towards your stomach and then above your head towards the bed.
- Hold at each end for 5-10 seconds. Repetitions

2. Walk the wall



- Stand facing a wall.
- Place a towel open against the wall.
- Place both hands with palms open on the towel.
- Slowly slide the towel up and down the wall.
- Hold at the top for 5 seconds before sliding the towel down. Repetitions

3. Towel behind back



- Stand up tall and hold a towel between your hands behind your back.
- Straighten your top arm as much as you can, hold for 5 seconds- this will bend your bottom arm.
- Then straighten your bottom arm as much as you can, hold for 5 seconds- this will bend your top arm.
- Repetitions

4. Rolling Pin



- Keep your elbow tucked into your side throughout the exercise.
- Hold a rolling pin/bat in your hand.
- Turn your fist to face the floor
- Turn your fist to face the ceiling. Repetitions

5. Passive Stretches



- Hold child's arm just above the back of their elbow joint.
- Straighten the elbow as much as possible (as pain allows), hold for 30 seconds and feel a stretch.
- Then bend the elbow as much as possible (as pain allows), hold for 30 seconds and feel a stretch.
- Repeat 3 times each direction.

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6. Ball Skills



- Throw and catch a ball using both hands from under your chin- keep your elbows tucked in
- 2. Throw and catch a ball from behind your head using both hands. Keep your arms as close to your ears as possible. Release the ball as your hands reach the top of your head.
- 3. Bounce a ball as many times as you can with your palms facing the floor.

7. Isometric Strengthening



- Bend your injured elbow to 90 degrees; keep close to your body.
- Make a fist with your hand and keep your forearm in a neutral position.
- Try to bend your elbow, using your other hand to stop the movement. Hold for 5-10 seconds.
- Try to straighten your elbow, using your other hand to stop the movement. Hold for 5-10 seconds.

8. Wall press ups



- Stand facing a wall and place your arms on the wall shoulder width apart.
- Slowly bend your elbows to allow your nose to touch the wall.
- Make sure to keep your back straight, and then push into the wall to bring your body back to upright.
- Repetitions

9. Box press-ups



- Begin on your hands and knees.
- Keep your back straight (you could place a book on your back to help with this!)
- Bend your elbows and try to touch your nose to the bed.
- Slowly push back up into the starting position.
- Repetitions

11. Dynamic Strengthening



- Stand up tall, hold a light weight in your hands, such as a can of beans.
- Slowly bend and straighten your elbow as much as possible holding the weight.
- Repetitions

Other ideas/ activities...

- Go swimming
- Play and hit balloons
- Simple dance routines (no impact moves!)
- Sing songs with actions
- Pop bubbles

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