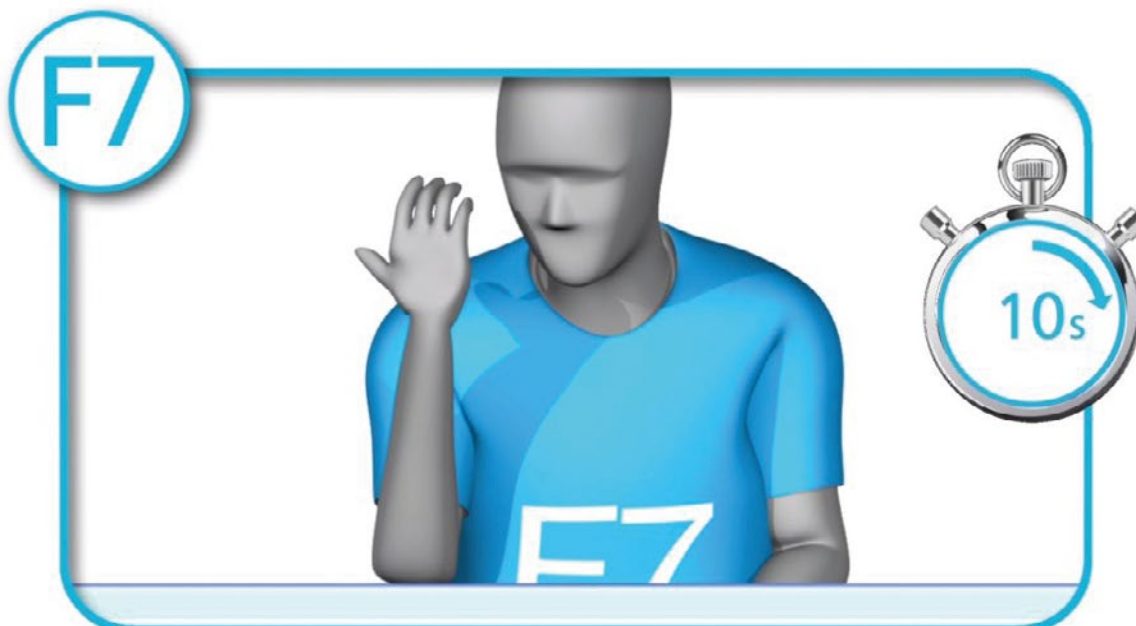


Flexibility/stretching – Upper body

Joint: elbow



Sit or lie with the elbow supported. Slowly bend the elbow up over a count of about 10 seconds. Then slowly extend the elbow, letting the weight of the forearm assist, over a further count of 10 seconds.



Comments

- Be careful not to over-flex or overextend the joint: never stretch into the straight position far enough to elicit painful or uncomfortable 'crunching' or 'grinding' (crepitus) in the joint.
- Do not ball the hand into a fist but keep it relaxed.

Functional application

A good range of elbow motion is vital to activities of daily living such as washing, dressing, eating, shaving etc.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions