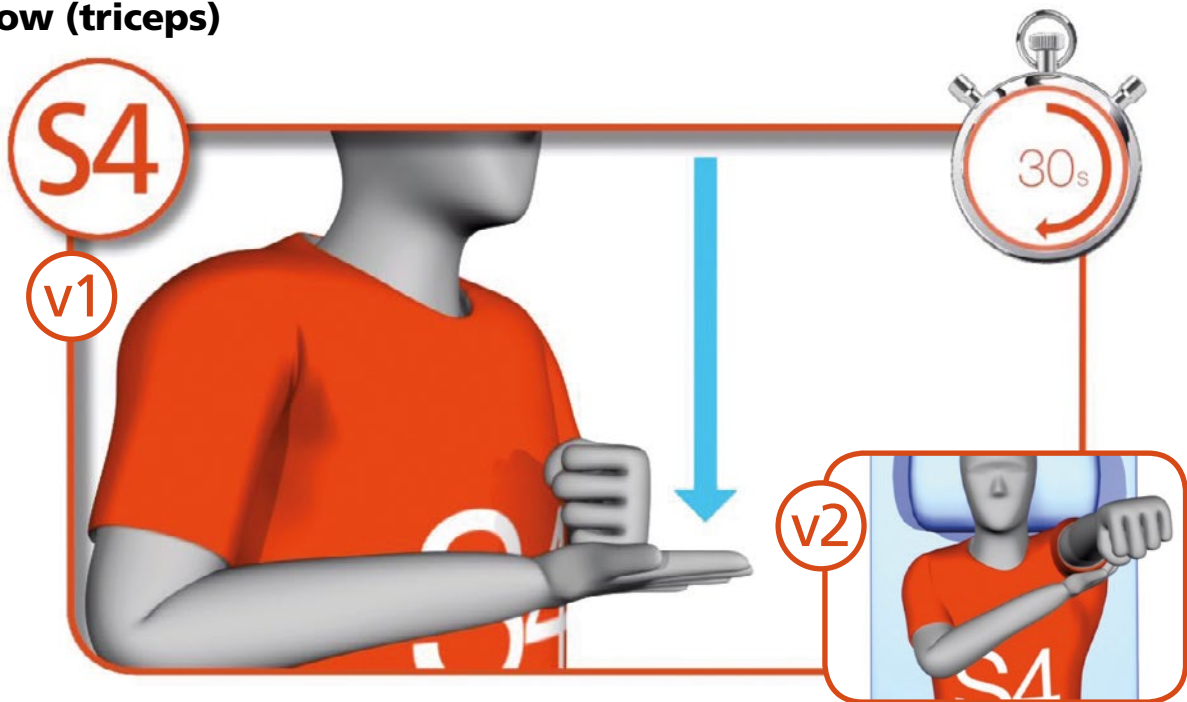


Strength – Upper body

Elbow (triceps)



Elbow extension strengthening exercises can be performed at a number of different levels.

v1. From a bent position, push the arm down into the other hand, holding the position for 5-10 seconds.

v2. In a sitting or lying position, begin with the elbow bent (hand near the shoulder) and extend the hand towards the ceiling, straightening the elbow as much as you can, for about 30 seconds.

Comments

- Avoid sustained 'locking' of the elbow.
- Keep the shoulders relaxed and avoid tensing. Before beginning the exercise, shrug then relax the shoulders.
- Keep the speed slow and steady.



Functional application

Practical applications of elbow strength include being able to push up out of a chair, open doors and carry shopping bags.

Helps with the flexibility and range of motion of the elbow joint.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions