

Strength – Upper body

Elbow (biceps)



Start with the arm down, palm facing forward, then lift up to the shoulder over a count of about 10 seconds and slowly lower it back down again.

The exercise can be done in either a standing or sitting position, and can be made more challenging by holding a small weight in the hand (such as a bottle of water).

Comments



- Keep the body still, and the back straight avoiding rocking back and forth. The quality of the exercise is more important than the quantity of repetitions.
- Be careful not to lock the elbow when the arm is extended.

Functional application

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

Patient's name

Date

Number of repetitions Number of sets

Number of times per week Number of weeks

Other instructions