

Strength – Upper body

Elbow

S6



Stand facing a wall with arms as straight as possible.

Lean in towards the wall, allowing the elbows to bend. Return to upright position by pushing with arms and straightening elbows.

Comments



- Avoid if there are shoulder or active elbow problems.
- Start with only small amounts of bending and progress gently.
- Wear non-slip shoes or bare feet to reduce the risk of slipping.

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