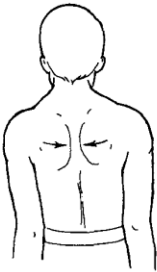


Physical Therapy Examples Elbow Post-operative Exercises



1. Stand with arms at sides
2. Pinch shoulder blades together as shown
3. Hold 2 seconds
4. 3 x 10 repetitions, 2 - 3 times per day

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1. Stand with arm straight, palm of hand facing forward as shown
2. Bend elbow as shown
3. Hold 2 seconds
4. 3 x 10 repetitions, 2 - 3 times per day

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1. Begin with thumb facing up
2. Turn palm upward
3. Hold 2 seconds
4. 3 x 10 repetitions, 2 - 3 times per day

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1. Hold a soft exercise ball as shown with your hand
2. Squeeze
3. Hold 2 seconds
4. 3 x 10 repetitions, 2 - 3 times per day