

Injury Prevention Video Series

Stretching/Strengthening the Elbow

These exercises have been selected to help keep our bodies moving well and to prevent injuries. All these movements should be performed in a slow and controlled manner and within a comfortable range of motion. If any of these exercises cause pain or discomfort, please discontinue the exercise.

- **Wrist Extension**
 - Stand straight and hold left arm straight out in front of your body with the palm of left hand facing away from you. Take right hand, grasp fingers and pull back to stretch bottom part of wrist and forearm. Hold for 10-15 seconds and then switch to the right arm and wrist.
- **Wrist Flexion**
 - Stand straight and hold left arm straight out in front of your body. Point fingers toward the floor so your palm faces you. Take your right hand and pull your left hand back toward your body to stretch the top side of the wrist and forearm. Hold for 10-15 seconds and then switch to the right arm and wrist.
- **Wrist Extension (Strengthening)**
 - Dumbbell optional- start with arm bent at 90 degree angle and hold the dumbbell in an overhand grip with knuckles pointing toward the floor. Slowly extend the wrist upward and briefly hold at the top before slowly lowering the wrist to starting position. Perform 30 reps for 2 consecutive days pain free on both wrists.
- **Wrist Flexion (Strengthening)**
 - Dumbbell optional- start with arm bent at 90 degree angle and hold the dumbbell with palm facing up. Slowly lower the wrist towards the floor, hold for a few seconds at the bottom, and then raise the wrist to the starting position. Repeat 30 reps for 2 consecutive days pain free on both wrists.
- **Grip/Hand Squeeze (Need ball or small item that you can squeeze)**
 - Grip ball in hand and squeeze as hard as you can for 5 seconds. Perform 5-10 reps with each hand.
- **Finger Rubber Band Stretch**
 - Place rubber band around fingers and open the hand as wide as possible. Hold for a few seconds and close hand. Perform 5-10 reps with both hands.
- **Towel Twist**
 - Fold the towel lengthwise and hold on either side. Stand straight, hold towel with both hands out in front of your body and twist the towel with each hand. Perform 10 reps with each hand.