

Elbow pain

It may hurt when exercising

You should stop if pain is greater than 6/10

Try to repeat 8 to 10 times, 4 times per week

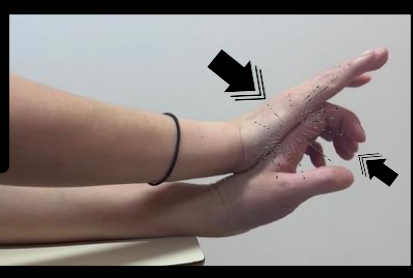


1

HOLD THIS RESISTANCE
FOR 10 SECONDS



COMPLETE WITH THE
PALM FACING BOTH
UP AND DOWN



PALM FACING DOWN

Keep the forearm supported
on a surface.

Only the wrist should be
hanging off the edge.

Resist the pressure of your
unaffected hand as it pushes
down on your target arm.

2

EXAMPLE ITEMS

TENNIS BALL
BOTTLE
HAND GRIP
TOWEL



You will need an item that
can be squeezed to provide
resistance.

Squeeze and then hold the
grip for Approx. 10 seconds.

3

FOR PAIN ON THE
OUTSIDE OF THE ELBOW,
HAVE YOUR
PALM FACING DOWN



LEFT ARM EXAMPLES



FOR PAIN ON THE
INSIDE OF THE ELBOW,
HAVE YOUR
PALM FACING UP

Keep the forearm supported
on a surface.

Only the wrist should be
hanging off the edge.

Raise a challenging item up
and down by moving only
your wrist and hand.

4

Straightening your elbow will
make this more challenging



Slowly rotate your hand
whilst holding a weighted
item like a rolling pin or a
hammer in hand. Start with
the elbow bent to 90 degrees.

SCAN HERE TO
WATCH THE
EXERCISE VIDEOS



<https://tinyurl.com/ycyjbhha>

Muscle, bone and joint pains are extremely common, and most problems resolve themselves without help from a healthcare professional, if you have a new pain which has been present for less than 6 weeks, the chances are it will go away with time and gentle movement. You should start these exercises today to speed up your recovery. Don't worry if you cannot complete all the exercises straight away. Do what you can.



Elbow pain can be worrying.

It can help if you better understand your pain.

Please take a look at our educational resources:

scan QR code with camera phone and tap the link



Elbow Exercises

<https://vimeo.com/740486179>



Information on elbow pain

<https://tinyurl.com/ycyjbhha>

Please tell us, if you need your information in a different format and would like us to communicate with you in a particular way.

When your referral was reviewed today, there were no worrying signs or symptoms; this is good news and means that although we understand are struggling with your pain today, and that pain can be distressing, it should settle. You can continue to challenge yourself and improve your fitness with support from

<https://www.nhs.uk/conditions/nhs-fitness-studio>.

Please contact us if you feel this needs urgent attention or if your symptoms persist beyond 6 weeks and are not improving.