

## Elbow Exercises + Stretches

Do each of the movements slowly 10 times, repeat 3 times a day.

### Elbow Flexion/Extension



- Keeping your palm facing up
- Bend and straighten your arm slowly

### Forearm Supination/Pronation



- Start with your elbow bent and by your side
- Rotate your lower arm so your palm faces up and then down

### Forearm Extensor Stretch



- Straighten your arm out in front of you
- Bend your wrist down towards the floor
- Use your other hand to apply gentle pressure to stretch out the muscles on the top of your forearm

### Forearm Flexor Stretch



- Straighten your arm out in front of you
- Extend your wrist up towards the ceiling
- Use your other hand to apply gentle pressure to stretch out the muscles on the bottom of your forearm

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## Mills Stretch



- Stand with your arm behind you
- Rotate your shoulder in, make a full fist then flex your wrist up towards the ceiling
- Lastly fully straighten your arm at the elbow
- You will feel a stretch in your front forearm muscles

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