## **Bahamas Institute of Hand and Rehabilitation**



11 East Avenue, Nassau, The Bahamas.

Tel: 242-357-7121/2 Fax: 242-356-7112

### **Home Exercise Program: Elbow Stretching**

Basic Principle: 1) Push the hand in desired direction till stretch pain is felt, 2) Feel the pain for 20 sec., 3) Release and repeat. Please follow the instructions from your therapist regarding dosage of each exercise.

For video link of these exercise, please scan the QR code or visit at

https://www.youtube.com/watch?v=zzFxxexdp2A&t=8s

#### Ex # 1: Elbow Flexion



Ex # 2: Elbow Extension



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#### Ex # 3: Forearm Pronation



Ex # 4: Forearm Supination

