

Let it Heal

Pain & Detox Clinic

Elbow/Wrist Exercises

1. The Egyptian: Start with arm bent, palm down, as you slowly extend the arm outwards, turn the palm upwards. Now slowly return to the starting position. This exercise is not done quickly.
2. The Hammer Drop: Using only gravity and working within a comfortable range, drop your fist down from a right angle to a straight position.
3. The Wave: Within a comfortable range, extend wrist, pointing fingers upwards then downwards