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Elbow Home Exercises

9 essential exercises to help prevent elbow pain

EL-Phase1

Build elbow flexibility and strength, ease discomfort, and make daily activities more comfortable.

Precautions

- Exercise only within a range that is not painful.
- Move slowly and gently.
- Stop right away if you feel sharp or severe pain.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Wrist Extensor Stretch

1. Reach your arm forward with your palm facing down.
2. With your other hand, gently press on the back of your hand to bend your wrist down.

15–30 sec · each side



2 Wrist Flexor Stretch

1. Reach your arm forward with your palm facing up.
2. With your other hand, gently pull your fingers back to bend your wrist.

15–30 sec · each side



3 Forearm Rotation

1. Bend your elbows to 90 degrees with your palms facing up.
2. Turn your palms down, then back up.

10 reps · 2 sets



4 Biceps Stretch

1. Reach one arm back behind you; you may support it with your other hand.
2. Gently draw the arm back.

15–30 sec · each side



5 Triceps Stretch

1. Raise one arm overhead and bend the elbow.
2. With your other hand, hold the elbow and gently pull.

15–30 sec · each side



6 Wrist Flexion Strengthening

1. Rest your forearm on a table with your palm facing up and make a fist.
2. Slowly lift your wrist up.

10 reps · 2 sets



7 Wrist Extension Strengthening

1. Rest your forearm on a table with the back of your hand facing up.
2. Slowly lift your wrist up.

10 reps · 2 sets



8 Ball Squeeze

1. Hold a soft ball in your hand.
2. Slowly squeeze, then relax.

10 reps · 2 sets



9 Elbow Curl

1. Keep your arm at your side and hold a light dumbbell.
2. Bend your elbow to lift the weight.

10 reps · 2 sets

Get medical care right away if you notice:

- Severe pain, swelling, or a deformed look after a fall or injury, or you can't bend or straighten the elbow
- A sudden pop with bruising or a bulge in the upper arm
- A red, hot, swollen elbow, or fever
- Numbness or tingling into the hand that keeps getting worse, or new weakness

JP Acupuncture & Wellness · Joshua Pak, DACM, L.Ac.
3816 Woodruff Ave, Suite 205, Long Beach, CA 90808
(714) 714-6632
jpacupuncturewellness.com

These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Therapeutic Exercise Program for Epicondylitis; AAOS OrthoInfo – Rotator Cuff and Shoulder Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.