Adolescent Elbow and Forearm exercises

The exercises below should be completed in sitting or standing with your back supported. Ensure that you keep good posture when doing the exercises so that the right joints are being stretched.

Unless advised otherwise by your therapist:
- Complete 5 - 10 repetitions of each exercise.
- Try to hold each stretch for up to 30 seconds.
- You should aim to complete the exercises 2-3 times a day

These exercises may cause a little discomfort. If you/ your child experiences significant discomfort during the exercises or you have any concerns please discuss with your child's therapist (Tel: 0208 909 5519/5820).

1. Elbow Flexion and Supination
   Use your opposite hand to hold your wrist and turn your forearm so that the palm of your hand faces your head. Bend the elbow as far as you can (try to touch your chin).

2. Elbow Extension and Supination
   Hold the top of a tennis racket/stick so that your palm faces upwards. Use the tennis racket to help to straighten your elbow.

3. Pronation
   Bend your elbow to 90 degrees and turn your palm towards the floor. Hold just above your wrist and use your other hand to help to twist the hand and palm around further towards the floor.

4. Active Pronation and Supination
   Sit with your arm rested onto a table or the arm of a chair.
   (a) Hold a bottle/stick/object in your hand with one end facing the ceiling.
   (b) Rotate your wrist to make the end of the object turn downwards in one direction.
   (c) Repeat in the opposite direction.