

Vivaan Clinic, Nashik

Elbow personal exercise program



Stand leaning on a table with straight arms, palms against a table and fingers turned backwards. Shift your body weight backwards until you can feel the stretch on the inside of your forearms. Hold stretching approx. 20 seconds - relax. Repeat 10 times.



Stand. Grasp the wrist of the arm you want to exercise. Bend your elbow and assist the movement with your other hand. Straighten your elbow. Repeat 10 times.



Stand. Rotate the arm to be stretched inwards with elbow straight, palm turned outwards. Clasp the fingers with the other hand as shown in the picture. Bend the wrist and pull the forearm inwards until you feel the stretching in your forearm. Stretch approx. 20 seconds - relax. Repeat 10 times.



Clasp your hands together and support your forearms on a table. Put the back of one hand on the table and then turn your hands and put the back of the other hand on the table. Repeat 10 times.