



Elbow ROM Exercises

Do these _____ times per day.

Hold each position just beyond first point of pain for _____ seconds. Do not go to the most extreme pain that you can tolerate.

1. **Active Elbow Flexion**- Start with arm straight down by your side. Slowly bend hand towards your shoulder so your elbow bends.

Repeat _____ times



2. **Passive Elbow Flexion**- Bend up arm as far as you can. Then using your other hand, slowly push on the end of your forearm (by your wrist) towards your shoulder so the elbow bends.

Repeat _____ times



3. **Active Elbow Extension**- Slowly lower arm down by side so arm is straight. It may help to put arm on table with a pillow under elbow and then try to straighten it.

Repeat _____ times



4. **Passive Elbow Extension**- Start with your elbow propped on a table with pillow (or folded up towel) under the elbow. With your opposite hand, hold at the end of your forearm by your wrist. Slowly push the elbow straight.

Repeat _____ times



Call if questions: _____ Date: _____