

Elbow Extension (Flexibility)



These instructions are for your right elbow. Switch sides for your left elbow.

1. Lie on your back on a bed, next to the edge. Let your right forearm and hand hang off the bed relaxed, palm up. Only your upper arm should be on the bed.
2. Gently straighten your arm fully until you feel a stretch in the elbow. Keep your hand relaxed.
3. Hold for 30 to 60 seconds, or as instructed. Then relax your arm.
4. Repeat 2 times.
5. Repeat this exercise 3 times a day, or as instructed.

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