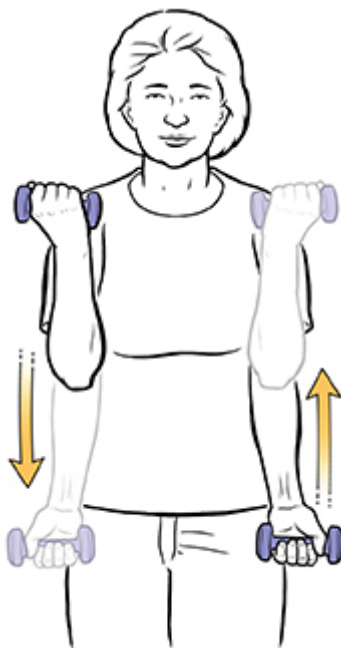


Elbow Flexion (Strength)



1. Stand up straight. Hold a hand weight in each hand. Your healthcare provider will tell you what size of hand weights to use. Hold your arms close to your sides, with your palms facing your body.
2. Bend your left elbow and raise the weight up to your left shoulder. As you lower that weight, bend your right elbow and raise the other weight up to your right shoulder. Continue to alternate arms. Keep your arms close to your body and keep your wrists straight.
3. Repeat 10 times.
4. Repeat 3 times a day.



Tip

Don't swing the weights to move them. Make sure your movement is slow and controlled.

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