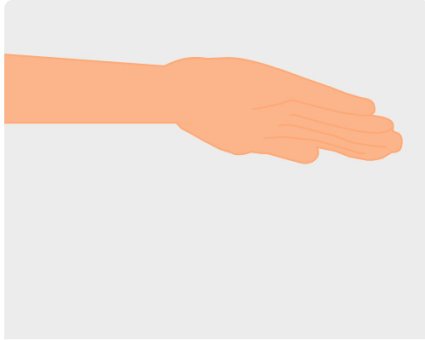


# Easy Exercises to Relieve Elbow Pain

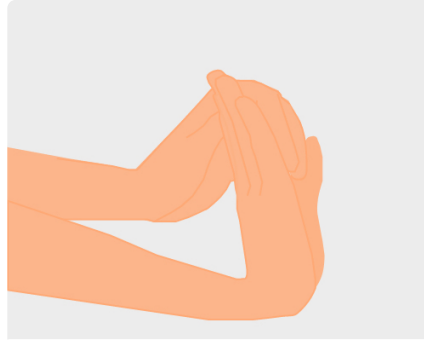
Time to Completion: 10 minutes

## EXERCISE 1: WRIST STRETCH PLAM UP - [REPEAT 5 TIMES](#)



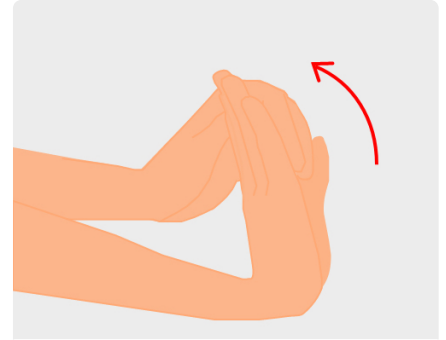
### STEP 1

Put your arm with the injured wrist in front of you.



### STEP 2

With the other hand, help to stretch the wrist by gently pressing the fingers backwards towards you.

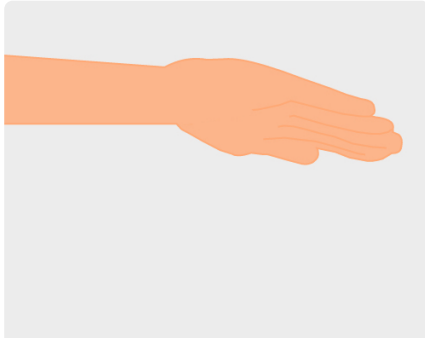


### STEP 3

Keep your elbow straight. **Hold for 15 seconds**, then relax.

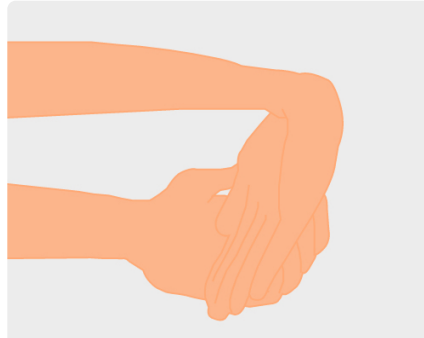
**HOLD FOR 15 TO 30 SECONDS**

## EXERCISE 2: WRIST STRETCH PLAM DOWN - [REPEAT 5 TIMES](#)



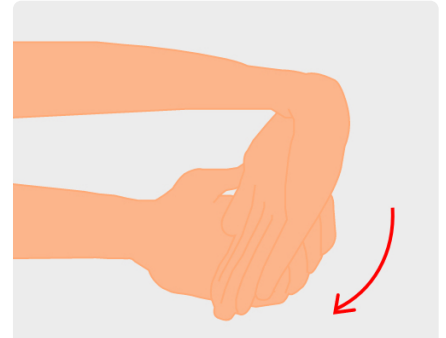
### STEP 1

Put your arm with the injured wrist in front of you.



### STEP 2

With the other hand, help to bend the wrist in front of you down by gently pressing the back of your hand.

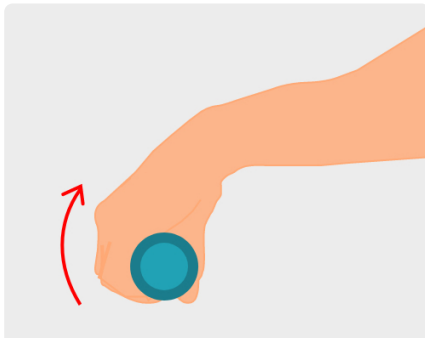


### STEP 3

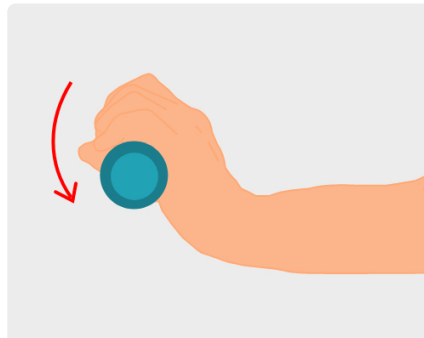
Keep your elbow straight. **Hold for 15 seconds**, then relax.

**HOLD FOR 15 TO 30 SECONDS**

## EXERCISE 3: WRIST EXTENSION - [REPEAT 10 TIMES](#)



### STEP 1



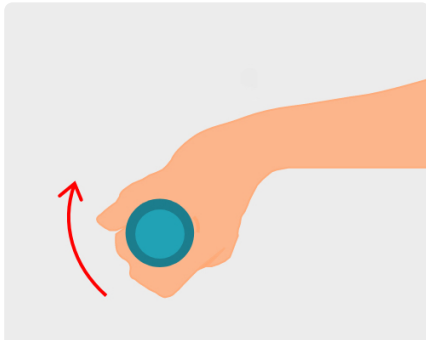
### STEP 2

**HOLD FOR 2 SECONDS**

Hold a can or weight in your hand with your palm facing down. Hold for 2 seconds.

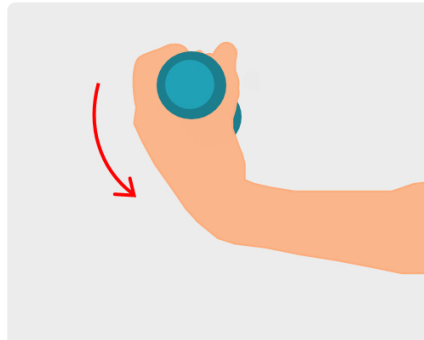
Slowly lower the weight down into the starting position.

**EXERCISE 4: WRIST FLEXION - REPEAT 10 TIMES**



**STEP 1**

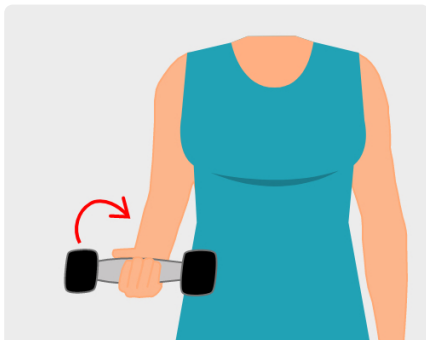
Hold a can or hammer handle in your hand with your palm facing up. Hold for 2 seconds.



**STEP 2**

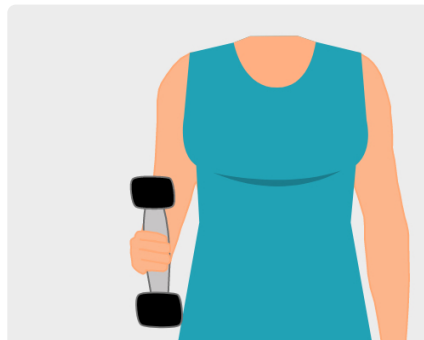
Bend your wrist upward. Slowly lower the weight and return to the starting position.

**EXERCISE 5: FOREARM PRONATION AND SUPINATION - REPEAT 10 TIMES**



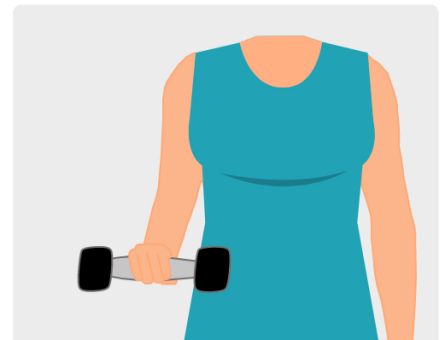
**STEP 1**

Hold a can or weight in your hand and bend your elbow 90 degree.



**STEP 2**

Slowly rotate your hand with your palm downward.



**STEP 3**

Then slowly rotate your hand with your palm upward.