Elbow Rehabilitation Home Exercises:

**Elbow Friction Massage:**
With your affected side relaxed, use your opposite hand to apply firm pressure and massage the area of tenderness. Repeat several times per day for 5-7 at a time.

**Wrist Extensors Stretch:**
With affected arm extended straight in front of you, point hand towards floor with your palm facing down, using opposite hand to increase the intensity of the stretch. Hold for a few seconds and release. Repeat this exercise several times per day.

**Wrist Flexors Stretch:**
With affected arm extended straight in front of you, point hand towards floor with your palm facing up, using opposite hand to increase the intensity of the stretch. Hold for a few seconds and release. Repeat this exercise several times per day.
Elbow Rehabilitation Continued:

**Wrist Extensor Strengthening:**
With affected arm extended over an edge of a table or supported by opposite arm, grip a 1 pound weight in your affected hand with your palm facing down, slowly alternate hand position from pointing to the floor to pointing to the ceiling. Repeat in 3 sets of 10, 3 times a day.

![Start Position](image1)
![End Position](image2)

**Wrist Flexor Strengthening:**
With affected arm extended over an edge of a table or supported by opposite arm, grip a 1 pound weight in your affected hand with your palm facing up, slowly alternate hand position from pointing to the floor to pointing to the ceiling. Repeat in 3 sets of 10, 3 times a day.

![Start Position](image3)
![End Position](image4)
Elbow Rehabilitation Continued:

**Forearm Supination and Pronation:**
Hold a light weight in your hand making sure to grip the end of the weight. Start with your wrist rotated to one side as far as you can, then slowly rotate your wrist as far to the other side that you can go and then back to the starting position. Repeat this exercise in 3 sets of 10, 1-2 times per day.

![1st Position](image1)

![2nd Position](image2)

![3rd Position](image3)

![End Position](image4)

**Grip Strengthening:**
Using a squeezy ball or stress ball, slowly squeeze the ball in the hand of your affected arm. This will help to increase the strength in your hand muscles. Repeat in 3 sets of 10, 1-2 times per day.
Progression to Bench Press:

1. **Wall Push-ups:**
   Place your hands on a wall at shoulder level. Lean against the wall and perform a push-up against the wall. Once you can tolerate 25 of these pain free, you may move on to step 2.

2. **Push-ups with knees on the ground**
   Situate yourself in the push-up position, making sure to keep your knees on the ground. Slowly perform a push-up in this position. Once you can tolerate 25 of these pain free, you may move on to step 3.

3. **Floor Push-ups:**
   Situate yourself in the push-up position on the floor, and slowly perform a push-up. Once you can tolerate 25 of these pain free, you may begin to bench press, starting with a low weight and progress to heavier weights.
Phase I: Basic Stretch and Range of Motion
For patients in the early stage after surgery or injury

Pendulum exercise:
Bend at the waist and to protect your back brace yourself with your uninvolved hand on your knee, or a near by table, let your arm dangle freely. Slowly move your arm in small circles allowing movement in the shoulder joint. Once you feel comfortable, you can progress to larger circles. Do this for a few minutes, several times per day.

Start position  End position

Elbow Range of Motion:
You are allowed to take your arm out of the sling for this exercise. Keep your elbow at your side and slowly bend and straighten your elbow, making sure not to move your arm away from your body. Do this exercise several times per day.

Start position  End position

Forearm/Wrist/Hand and Fingers Range of Motion:
While you are out of your sling, do some forearm exercises by rotating your hand from a palm up position to a palm down position. You can also do some simple wrist and finger movements as well as grip strengthening by squeezing a small ball. Then carefully place your arm back into your sling. Repeat several times per day.
Wall walks:
Place your hand of your injured arm on the wall directly in front of you. You can support your injured arm with your good arm, then slowly walk your hand up the wall. As your hand gets higher up, take step closer to the wall to enable more motion in the shoulder joint. Do not go past 90 degrees at this point, your arm should only be perpendicular to the wall before you begin therapy. When you reach the top, hold for 10 seconds, then slowly bring your arm down. Continue doing this exercise several times per day.

Grip Strengthening:
Using a squeezy ball or stress ball, slowly squeeze the ball in the hand of your affected arm. This will help to increase the strength in your hand muscles. Repeat in 3 sets of 10, 1-2 times per day.

External rotation exercises:
With your elbow bent at your side, carefully rotate your hand out to the side using your unaffected arm to guide it. Once you reach about 20 degrees (a slight angle from your body), hold it there for a few seconds to stretch. Repeat this exercise several times per day.
Phase II: Mid Level Range of Motion:
For patients who have sufficient tissue and/or bone healing after their injury or surgery to begin shoulder motion.

Pendulum exercise:
Bend at the waist, while bracing yourself with your uninvolved hand on your knee, or a near by table, let your arm dangle freely. Slowly move your arm in small circles allowing movement in the shoulder joint. Once you feel comfortable, you can progress to larger circles. Do this for a few minutes, several times per day.

Supine elevation exercise:
While lying down on a bed keeping your injured arm straight support it with your good arm and slowly lift it from your side up over your head. Repeat this exercise several times per day.

Wall walks:
Place your hand of your injured arm on the wall directly in front of you. You can support your injured arm with your good arm if needed, then slowly walk you hand up the wall. As your hand gets higher up, take step closer to the wall to enable more motion in the shoulder joint. When you reach the top, hold for 10 seconds, then slowly bring your arm down. Continue doing this exercise several times per day.
Phase II: Mid Level Range of Motion Continued

Reach to opposite shoulder:
Slowly stretch your affected arm across your body and touch your hand to the back of your opposite shoulder, use your other hand for support if needed. Repeat this exercise several times per day.

Reach to the top of your head:
Slowly stretch your hand of your affected arm to the top of your head. You may use your unaffected arm to help guide if needed. Repeat this exercise several times per day.

Towel Stretches:
Begin this exercise with the towel in your good hand draping it behind your back, then grab the towel with your affected hand. Slowly pull on the towel with your unaffected to stretch your affected arm up and across your body. Once you reach the top, hold it there for a few seconds to stretch, then slowly lower your arm. Repeat this exercise several times per day.

External rotation exercises:
With your elbow bent at your side, carefully rotate your hand out to the side. Once you reach the end of your range of motion, hold it there for a few seconds to stretch. Repeat this exercise several times per day.

Home pulleys:
First, attach the pulleys to a door, make sure the door is closed completely and set a chair in front of the pulleys.
To work on motion in front of your body, while seated, have the pulleys in each hand with your arms straight in front of you, while pulling down with the opposite hand let your affected arm get pulled up higher.
To increase motion out to your side, while seated, have the pulleys in each hand, with your arms straight at your sides, while pulling down with the opposite hand let your affected arm move up and away from your body.
Do this exercise for 5-10 minutes everyday.
Shoulder Rehabilitation Program
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Phase III: Advanced Level ROM to complete ROM:
For patients who have healed and need to push to get complete motion. This phase may require some more force than previous stages.

Door stretch for external rotation:
Keeping your elbow at your side, place your hand on a door frame and stretch your arm out to the side. Hold this position for a few seconds to stretch. Repeat this exercise several times per day.

Corner stretch for abduction/external rotation:
Face a corner with one foot in front of the other, place your hands and forearms on the walls making sure to keep your elbows at shoulder height. Lean into the corner until a stretch is felt and hold it for a few seconds. Repeat this stretch a few times per day.

Posterior capsule stretch:
Stretch your affected arm across your body (with your arm close to your chin) using your other arm to help stretch. Hold the stretch for a few seconds, repeat several times per day.

Door hang stretch:
Reach your affected arm to the top of a door and gently hang until a stretch is felt. Hold the stretch for a few seconds, repeat several times per day.

Towel Stretches:
Begin this exercise with the towel in your good hand draping it behind your back, then grab the towel with your affected hand. Slowly pull on the towel with your unaffected to stretch your affected arm up and across your body. Once you reach the top, hold it there for a few seconds to stretch, then slowly lower your arm. Repeat this exercise several times per day.
Shoulder Theraband Strengthening Exercises

**Shoulder Flexion:**
With the theraband still tied to the doorknob and the door completely closed, turn your body so that your back is facing the door. Grip the theraband in your affected hand beginning with your elbow straight at your side and slightly behind you, push forward until your arm is extended straight in front of you. Repeat this exercise in 3 sets of 10, 3 times per day.

**Shoulder Extension Strengthening:**
With the theraband still tied to the doorknob and the door completely closed turn your body so you are now facing the door. Grip the theraband in your affected hand and with your elbow straight, pull towards you to the end of your range of motion. Repeat this exercise in 3 sets of 10, 3 times per day.
Shoulder Theraband Strengthening Exercises continued

Shoulder Internal Rotation Strengthening:
With the theraband still tied to the doorknob and the door completely closed turn your body so that your affected arm is closest to the door. Grip the theraband in your affected hand, and with your elbow bent at your side the entire time, rotate your forearm and hand in towards your body. Repeat this exercise in 3 sets of 10, 3 times per day.

![Start Position](image1)
![End Position](image2)

Shoulder External Rotation Strengthening:
With the theraband still tied to the doorknob and the door completely closed turn your body so that your affected arm is furthest from the door. Grip the theraband in your affected hand, and with your elbow bent at your side the entire time, rotate your forearm and hand away from your body. Repeat this exercise in 3 sets of 10, 3 times per day.

![Start Position](image3)
![End Position](image4)
Shoulder Theraband Strengthening Exercises continued

**Shoulder Flexion:**
Begin by stepping on one end of the theraband, grip the other end in the hand of your affected arm. Starting with your arm straight at your side, slowly raise your arm straight up as far as you can go without pain, then return back to starting position. Repeat this exercise in 3 sets of 10, 3 times per day.

**Shoulder Abduction:**
While still standing on the theraband, and your arm straight at your side, turn your palm so that it is facing up, then lift you arm out to the side as far as you can go without pain. Then return back to starting position. Repeat this exercise in 3 sets of 10, 3 times per day.
Empty Can Exercise:
While still standing on the theraband, and your arm straight at your side, turn your palm so that your thumb is pointing down, lift your arm diagonally in front of you, as high as you can go without pain. Slowly return your arm back to the starting position. Repeat this exercise in 3 sets of 10, 3 times per day.

Rowing Exercise:
Wrap the theraband around a pole or something equally as sturdy, grip one end of the theraband in each hand. Begin with your arms straight in front of you then slowly pull backwards while bending your elbows and making sure to squeeze your shoulder blades together. Return your arms back to the starting position and repeat this exercise in 3 sets of 10, 3 times per day.
Shoulder Theraband Strengthening Exercises continued

**Wall Push-ups:**
Place your hands on a wall at shoulder level. Lean against the wall and perform a push-up against the wall. Do this exercise in 3 sets of 10 and repeat 1-2 times per day.

**Press-ups:**
While seated, place your hands next to you on the chair. Then contract your arm and shoulder muscles, slightly lifting your torso and squeezing your shoulder blades together. Do this exercise in 3 sets of 10 and repeat 1-2 times.