



**C. Lucas Myerson, MD**

Shoulder and Elbow Surgery

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## Elbow Exercise Program

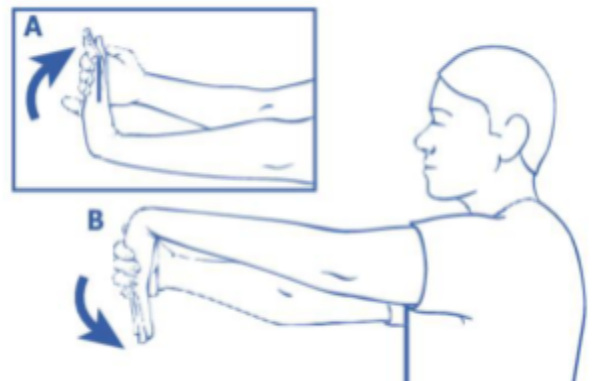
These exercises can help your elbow heal after an injury or surgery. Doing them will make your elbow stronger, more flexible, and less painful. They also help you get back to sports and daily activities. Always check with your doctor or physical therapist before starting.

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### Elbow Stretch

#### A. Fingers Up Stretch

- Use your other hand to gently pull the fingers of your sore arm upward.
- Hold the stretch for **5 seconds**, then relax.
- Repeat **10 times**.



#### B. Fingers Down Stretch

- Use your other hand to gently bend the wrist of your sore arm downward.
- Hold the stretch for **5 seconds**, then relax.
- Repeat **10 times**.

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### Towel Twist

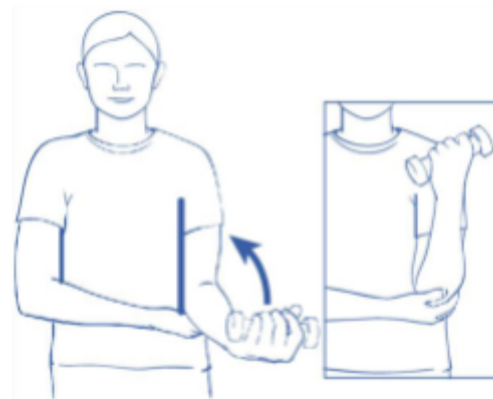
- Hold a towel with both hands.
- Twist your hands in opposite directions, like wringing water out.
- Hold the twist for **5 seconds**, then relax.
- Repeat **10 times**.





## Elbow Flexion

- Hold a 5-pound weight in your sore arm.
- Bend your elbow all the way up.
- Do **3 sets of 10 repetitions**.
- If it feels easy, slowly add more weight.



## Forearm Rotation

- Hold a 2-pound weight in your sore arm.
- Slowly turn your palm up, then turn your palm down.
- Do **3 sets of 10 repetitions**.
- If it feels easy, slowly add more weight.



## Wrist Lift (Wrist Extension)

- Hold a 2-pound weight with your palm facing down.
- Slowly bend your wrist upward and hold for **5 seconds**.
- Do **3 sets of 10 repetitions**.
- Add weight as it gets easier.



## Wrist Curl

- Hold a 2-pound weight with your palm facing up.
- Slowly bend your wrist upward and hold for **5 seconds**.
- Do **3 sets of 10 repetitions**.
- Add weight as it gets easier.



## Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

[www.lucasmysonmd.com](http://www.lucasmysonmd.com)

