

# THE ELBOW JOINT

**Objectives :** To mobilise the elbow (flexing, extending, bending forwards as well as bending backwards). To strengthen the bending and extending muscles of the arm.

**How to perform the exercise :** In the same way as in the exercises of the shoulder which are performed in the sitting position, the arms must rest upon a hard surface. One has to take care to see that the movements are not made difficult by the clothes.

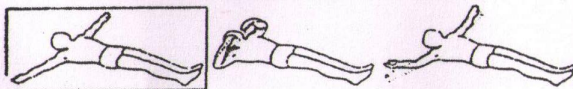
## Exercises A : Lying on back, face upwards



### Exercises 1

**Starting Position :** Lying on back with arms outstretched on either side at shoulder level.

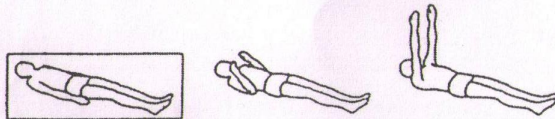
**Method :** Flexion and extension of the forearms. Subsequently this exercise must be done with weights upto 2 kgs. in each hand.



### Exercises 2

**Starting Position :** Lying on back with arms outstretched on either side at shoulder level.

**Method :** While inhaling, press the elbows against the floor, then relax the arms by releasing the pressure while exhaling.



### Exercises 3

**Starting Position :** Lying on back with arms stretched alongside the body.

**Method :** i) Flex the forearms over the arms.  
ii) Raise the arms vertically upwards and then revert to the starting position in an inverse direction.

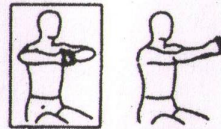
## Exercises B : Seated on a stool



### Exercises 1

**Starting Position :** Sitting upon a stool with the forearm resting on a table and the hand over the edge.

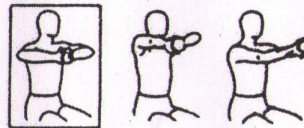
**Method :** Rotate the forearm, palm pointing upwards and then in the opposite direction with palm pointing downwards. Avoid movement of the arm or the body.



### Exercises 2

**Starting Position :** Sitting upon a stool with hands joined across the chest.

**Method :** Stretch arms in front, keeping the hands joined together.



### Exercises 3

**Starting Position :** Sitting upon a stool with hands joined across the chest.

**Method :** Turn joined hands away from the body, with the back of the hands facing the chest, extend the arms forwards and then revert to starting position by performing the same movements in an inverse direction.



### Exercises 4

**Starting Position :** Sitting upon a stool, arms by the side, each hand holding a maximum weight of 2 kgs.

**Method :** Flex and extend the forearms over the arms.

## Exercises C : Standing on all-fours



### Exercises 1

**Starting Position :** On all-fours with hands turned inwards.

**Method :** Bend the elbows, trying to bring the chest towards the floor and then extend the arms.



### Exercises 2

**Starting Position :** On all-fours.

**Method :** Lift the body up on your toes, keeping the hands on the floor.

## Exercises D : Lying face downwards



### Exercises 1

**Starting Position :** Lying face downwards, arms tucked under the shoulders.

**Method :** Raise the body up on the arms, keeping legs straight, toes touching the floor.