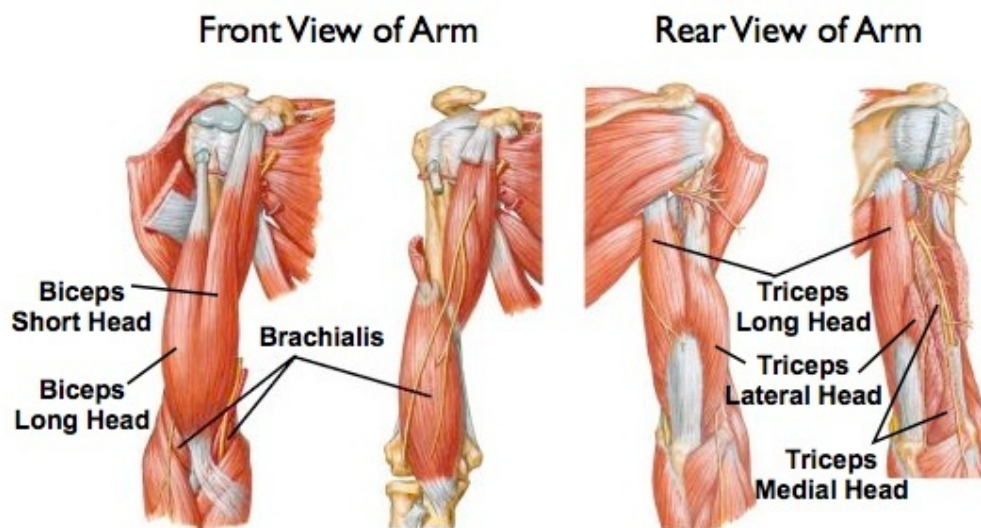


Upper Limb Strengthening

Summary

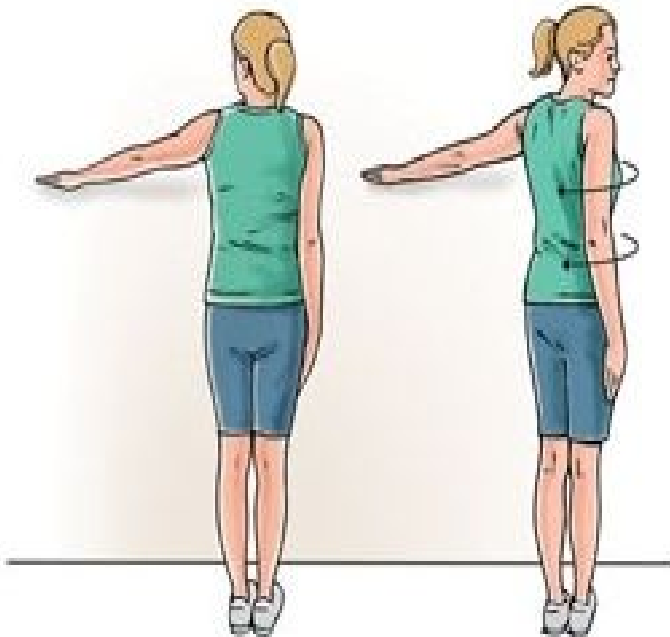
- These exercises aim to strengthen your biceps and improve movement around your elbow joint to relieve symptoms. These should be performed 2-3 times per day, 4-5 days a week.
- **Aim to complete 3 sets of 10-15 reps as you are able to.**
- **Start with 5-10 reps of each exercise and gradually build this up.**
- **Hold each stretch for 15-30 seconds**
- Regularly perform these exercises to prevent future symptoms. Stay active and avoid static postures.
- In the early stages this exercise *may be painful*, but do not worry this is normal, experience shows that in most cases will get better as a result of the exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Your pain should ease and improvement should be seen within 4-6 weeks and full healing up to 3-6 months after commencing these exercises.



*For each of these exercises dumbbells, weights or resistance bands can be replaced by any household object which adds an additional weight and that is easy to hold for example tins of baked beans, bags of sugar, books or bottles of water.

Each exercise should be performed 8-12 times and repeated 3 times with 1-2 minutes rest in between.

Biceps Stretch



1. Face a wall, standing about 6 inches away.
2. With your palm down, raise the arm on your injured side and touch the thumb side of your hand to the wall.
3. Make sure your arm is straight, and then turn your body away from your raised arm until you feel a stretch in the biceps.
4. Hold this stretch for about 15-30 seconds.
5. Rest, and then complete 5-10 more reps.

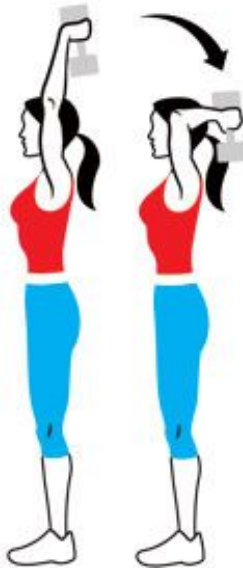
Biceps Curl



1. Hold a light weight (a hammer, or can of soup) in the hand on your injured side.
2. Stand up straight, keeping your elbow against the side of your body.
3. Bring your palm up toward your shoulder, bending the elbow but keeping it in the same place. Pause, and then slowly return to the starting position.
4. Rest, and then complete another set.

*If this exercise is too easy, try increasing your weight.

Tricep extensions



1. Stand with your feet shoulder-width apart
2. Grasp the weight with both hands and place behind your head, aiming for between your shoulder blades
3. Lift your arms so they're straight above your head, making sure your elbows don't flare outward too much
4. Return to the starting position and repeat.

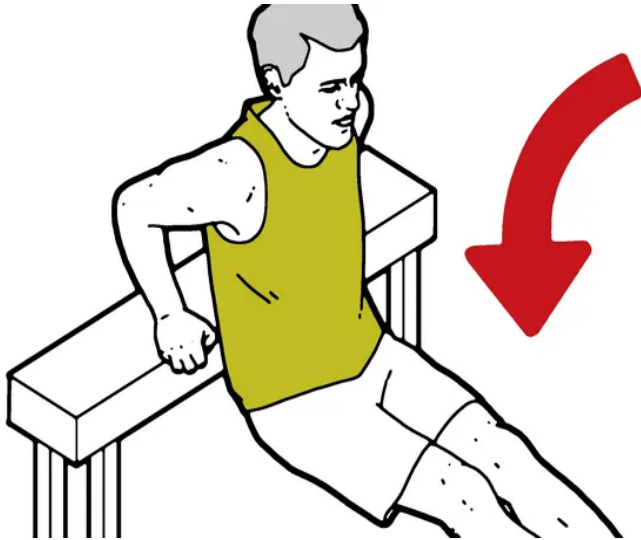
Tricep Kickback



1. Stand with your feet together, knees slightly bent, and bent forward at the waist.
2. Hold onto your weights with your arms hanging straight down and then lift upward, keeping your arms close to your side.
3. Bring your forearms back – again, staying close to your body – until your arm is straight, then repeat.

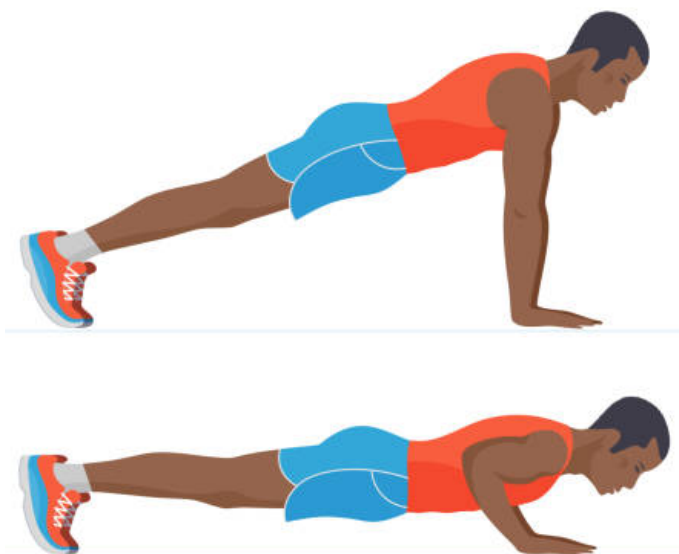
Progression

Tricep Dips



1. Find a low and secure surface and place your hands on it, shoulder-width apart, behind you.
2. Put your feet in front of you with a slight bend and straighten your arms without locking them.
3. Slowly bend your elbows and lower your body toward the floor, until your elbow is at about a 90-degree angle.
4. Straighten your arms to push down on the bench until you're back at the top.
5. Repeat.

Press-ups



1. Get on the floor on all fours, positioning your hands slightly wider than your shoulders.
2. Extend your legs back so you are balanced on your hands and toes, your feet hip-width apart.
3. Place your hands shoulder width apart, with your fingers pointing forward and your arms slightly bent.
4. Contract your abs and tighten your core and slowly bend your elbows to about 90 degrees and chest just above the ground. Make sure your elbows tucked into your side.
5. Push back up to the starting position and repeat.