


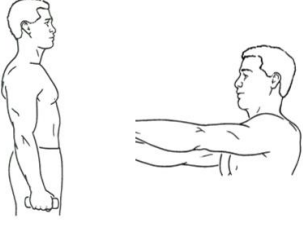
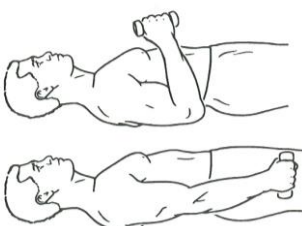


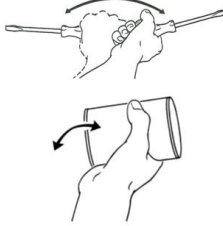
Exercises after Burn Injury to your Elbow


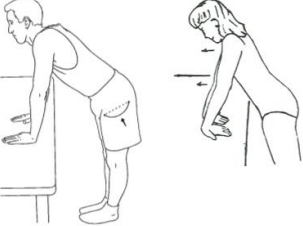
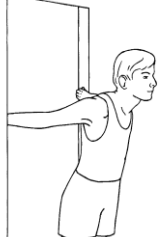

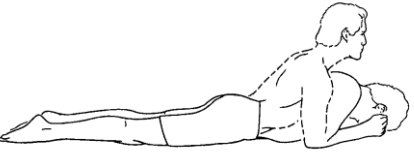

A) Stretching Activities

Scan the QR code to watch videos of the exercises






Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.


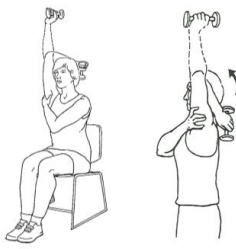




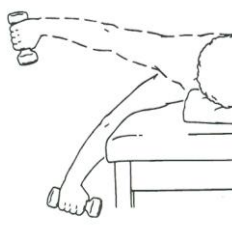
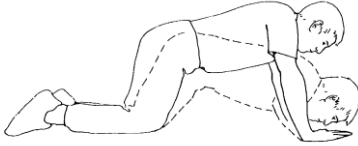
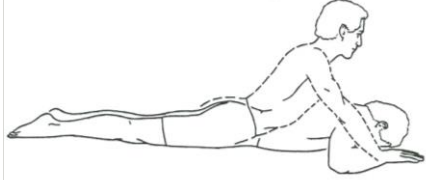
| <input type="checkbox"/> 1. Elbow Flexion | <input type="checkbox"/> 2. Elbow Extension | <input type="checkbox"/> 3. Elbow Extension with Weight |
|---|--|---|
|  |  |  |
| <ul style="list-style-type: none"> Bend your elbow to take your palm and fingers towards your shoulder You can use your other hand to help you move to the maximum Hold for 1 minute | <ul style="list-style-type: none"> Straighten your elbow fully You can use your other hand to help you move to the maximum Hold for 1 minute | <ul style="list-style-type: none"> Lie on your back with a weight in your hand, rest your elbow on a rolled towel or pillow Let your elbow straighten over the towel or pillow until it is completely straight Hold for 1 minute |
| <input type="checkbox"/> 4. Extended Arms behind Back | <input type="checkbox"/> 5. Combined Elbow & Wrist Stretch | <input type="checkbox"/> 6. Supination |
|  |  |  |
| <ul style="list-style-type: none"> Stand with your hands clasped behind your back and straighten your elbows fully Hold for 1 minute | <ul style="list-style-type: none"> Place one arm out in front of you with elbow straight Combine this with moving your wrist forward and backward to increase the stretch Hold for 1 minute | <ul style="list-style-type: none"> Sit with your arm by your side and turn your palm upwards to the ceiling Hold for 1 minute To increase the stretch, you can hold onto a bottle or a hammer |

| | | |
|---|--|--|
| <input type="checkbox"/> 7. Triceps Stretch | <input type="checkbox"/> 8. Weight Bearing Stretch | <input type="checkbox"/> 9. Doorway Stretch (Low) |
|  <ul style="list-style-type: none"> • With one arm bent behind your head, place the other hand on your elbow and stretch further • Hold for 1 minute |  <ul style="list-style-type: none"> • Place your hands on the bed with your fingers facing forward • Hold for 1 minute • Now turn your arms to have your fingers facing backwards • Hold for 1 minute |  <ul style="list-style-type: none"> • Reach sideways to hold onto a door frame • Straighten your elbows by stepping through the doorway • Hold for 1 minute |
| <input type="checkbox"/> 10. Doorway Stretch (High) | <input type="checkbox"/> 11. Prone Resting on Elbows | 12. Arms behind back |
|  <ul style="list-style-type: none"> • Reach upwards to hold onto the top of a door frame • Straighten your elbows by lunging forwards • Hold for 1 minute |  <ul style="list-style-type: none"> • Lie on your stomach resting on your elbows • Hold for 1 minute |  <ul style="list-style-type: none"> • Sit with your arms stretched behind your back with elbows straight, now turn your hands so your fingers face the back • Hold for 1 minute |

B) Strengthening & Endurance Activities

Strengthening exercises should be done after completing your stretching exercises from Section A. Unless told otherwise by your physiotherapist, start your strengthening exercises at **3 sets of 10 repetitions initially with 1 minute rests between each set**. To make the exercises harder, increase the number of repetitions first up to 12 and then 15. Once you are able to do 3 sets of 15 comfortably, you can then increase the weights required for each exercises.

| | | |
|---|---|--|
| <input type="checkbox"/> 1. Bicep Curls | <input type="checkbox"/> 2. Biceps Curls using incline bench | <input type="checkbox"/> 3. Elbow Press (Forwards) |
|  |  |  |
| <ul style="list-style-type: none"> • Sit or stand holding a weight in one hand with your elbow straight • Bend your elbow as far as you can before returning to your starting position • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Stand or sit with your elbow on the incline bench • Slowly straighten your elbow as far as you can before returning to your starting position • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Sitting on a chair, holding weights in your hands at shoulder height • Push the weight forwards before returning to your starting position • Complete 3 sets of 10 |

| | | |
|---|---|--|
| <input type="checkbox"/> 4. Theraband Triceps Forwards  | <input type="checkbox"/> 5. Tricep Curls (Overhead)  | <input type="checkbox"/> 6. Elbow Press (Upwards)  |
| <ul style="list-style-type: none"> • Standing with a theraband wrapped around your back, slowly straighten your elbows forward • Hold for 5 seconds • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Hold your arm above your head with your elbow bent • Slowly straighten your elbow as far as you can before returning to your starting position • Complete 3 sets of 10 each arm | <ul style="list-style-type: none"> • Sitting on chair, holding weights in your hands at shoulder height • Push the weight upwards toward the ceiling before returning to your starting position • Complete 3 sets of 10 |
| <input type="checkbox"/> 7. Theraband Triceps Upwards  | <input type="checkbox"/> 8. Wall Push Up  | <input type="checkbox"/> 9. Wall Push up – Single arm  |
| <ul style="list-style-type: none"> • Standing with a theraband wrapped around your feet, slowly straighten your elbows towards the ceiling • Hold for 5 seconds • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Stand with your hands flat against the wall at shoulder level • Bend your elbows to let your head come close to the wall, then straighten your elbows fully • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Place one hand flat against the wall at shoulder level • Bend your elbow to let your head come close to the wall, then straighten your elbow fully • Complete 3 sets of 10 |
| <input type="checkbox"/> 10. Triceps Strength in Prone  | <input type="checkbox"/> 11. Push Ups (4pt kneel)  | <input type="checkbox"/> 12. Mini Push Up  |
| <ul style="list-style-type: none"> • Lie on your stomach with your arm over the edge of the bed, weight in your hand • Straighten your elbow • Hold for 5 seconds • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Rest on your hands and knees • Bend your elbows to let your head come close to the floor, then straighten your elbows fully • Complete 3 sets of 10 | <ul style="list-style-type: none"> • Lie on your stomach and lift your head and shoulders up by straightening your elbows • Hold for 5 seconds • Complete 3 sets of 10 |



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If you have any questions about your exercise program, please discuss with your physiotherapist at your next appointment or call the **RBWH Physiotherapy department on 3646 4319** to speak with your physiotherapist for more information.