

Name:

ELBOW REHABILITATION EXERCISES

Exercise:	Sets	Repetitions	Weight/Resistance
I - <u>Stretching & ROM Exercises</u> 1. Wrist Flexion 2. Wrist Extension 3. Wrist Flexion + Pronation 4. Wrist Extension + Supination 5. Arm Flexion 6. Arm Extension with Wrist/Finger Extension	3	15s Holds 20	
II - <u>Resisted Eccentric (Slow Lowering) Exercises</u> 1. Wrist Flexors with Finger Roll 2. Wrist Extensors 3. Wrist Lateral (Radial) Deviation 4. Wrist Medial (Ulnar) Deviation	2	30	1-5kg DB Baseball Bat (Lateral/Medial Deviation) Indian Club (Lateral/Medial Deviation)
III - <u>Resisted Concentric/Isometric Isolated Exercises</u> 1. Wrist Flexion 2. Wrist Extension 3. Medial Epicondylar Stress Curl 4. Supination/Pronation (Wipers)	2-3	30 15s Hold	1-5kg DB Baseball Ball Indian Club
IV- <u>Resisted Concentric/Isometric Generic Exercises</u> 1. Bicep Curl 2. Tricep Extension (Overhead or Supine) 3. 3 Box Dip 4. Shoulder Internal Rotation (above 90 with Wrist Ext)* 5. Shoulder External Rotation with 20° Elbow Extension*	2-3	15 Fail Matrix (7:7:7) 10 (3s Pause + Slow Lower)	DB Barbell Resistance Band Overloaded Resistance Band*
V - <u>Advanced Proprioceptive Exercises</u> 1. Prone Weight Drop + Catches (from External Rot) 2. Stiff Arm/Normal Bouncing Push Ups (With/Without Catch) 3. Stiff Arm/Normal Depth Drop Jumps (With/Without Catch) 4. Stiff Arm Supinated/Pronated Walks	2/3	10 10s 10m	1-5kg DB/Ball Body Weight
RETURN TO NORMAL TRAINING			

