

Elbow Radial Head Fracture: Exercise

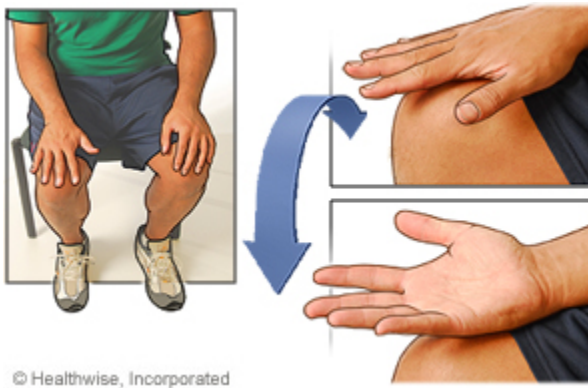
- **Elbow flexion stretch:**

- 1) Lift your affected arm and bend your elbow, with your palm facing towards you.
- 2) With your other hand, gently push on the back of your affected forearm, pressing your hand toward your shoulder, until you feel a stretch in the back of your upper arm.
- 3) Hold for at least 15 to 30 seconds.
- 4) Repeat 2 to 4 times.



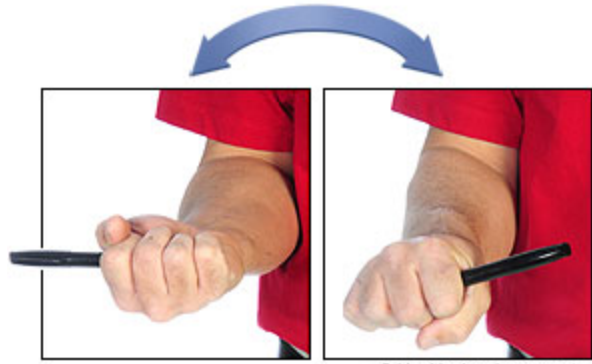
- **Hand flips:**

- 1) While seated, place your affected forearm on your thigh, palm down.
- 2) Flip your hand over so the back of your hand rests on your thigh and your palm is up. Alternate between palm up and palm down while keeping your forearm on your thigh.
- 3) Repeat 8 to 12 times.



- **Pronation and supination stretch:**

- 1) Keep your affected elbow at your side, bent at about 90 degrees. Grasp a pen, pencil or stick, and wrap your hand around it. If you don't have something to hold on to, make a fist instead.
- 2) Slowly turn your forearm as far as you can back and forth in each direction, so that your hand faces up and then down.
- 3) Hold each position for at least 15 to 30 seconds until you feel a stretch in your forearm.
- 4) Repeat 2 to 4 times.



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