

## Personal exercise program

### elbow exercises

Spire Healthcare

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Stand leaning on a table with straight arms, palms against a table and fingers turned backwards.

Shift your body weight backwards until you can feel the stretch on the inside of your forearms. Hold stretching approx. 20 secs. - relax.

Repeat \_\_\_\_\_ times.

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Sit. Place your upper arm on a support and straighten your elbow.

Let your elbow straighten even more.

You can increase the stretch by holding a \_\_\_\_\_ kg weight.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

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Sit or stand holding a \_\_\_\_\_ kg handweight.

Bring the arm to be exercised up with the elbow pointing to the ceiling. Support the elbow with the other hand. Straighten the arm holding the weight.

Repeat \_\_\_\_\_ times.

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Stand and lean forwards onto a table. Your hands should be in line with your shoulders and your elbows close to your body. Keep your shoulders back and your neck and back straight.

Slowly do push-ups.

Repeat \_\_\_\_\_ times.