

Elbow Isometric Exercises

Bijal Shah, PT, DPT
lifeofpt.com

Elbow Flexion Isometric:



Try to bend your elbow on affected side.
Resist the bending with your other hand by applying downward pressure on wrist area or on forearm.
Hold the contraction for 3 to 5 seconds in pain free range and relax.
Repeat it for 7 to 10 times.

Elbow Extension Isometric:



Try to straighten your elbow on affected side.
Resist the straightening with your other hand by applying upward pressure on wrist area or on forearm.
Hold the contraction for 3 to 5 seconds in pain free range and relax.
Repeat it for 7 to 10 times.
