

Date:  
Patient Name:



**STRENGTH • Elbow Flexion,  
Isometric**

1. With your involved/injured arm on the bottom and the palm of that hand facing upward, assume the position shown.
2. While resisting with the top hand, try to bend the elbow of your involved/injured arm.
3. Do not allow your elbow to move.
4. Hold this position for \_\_\_\_\_ seconds, then relax.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**STRENGTH • Elbow Extension,  
Isometric**

1. With your involved/injured arm on top and the palm of your hand facing you, assume the position shown.
2. While resisting with the bottom hand, try to straighten the elbow of your involved/injured arm.
3. Do not allow your elbow to move.
4. Hold this position for \_\_\_\_\_ seconds, then relax.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.