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Elbow Protocol

***Most Elbow problems come from not having enough wrist range of motion!!**

Start with the following wrist stretches:

1. Wrist Stretches (one at a time)
 - Support your wrist by placing your opposite hand around the base of your wrist. (Make a U with your hand and put it on the back of your hand)
 - Place your fingers toward you with your palm down and stretch your wrist.
 - Now do the same thing with your palm up.

2. Wrist Stretches (both at the same time)
 - Begin on your hands and knees.
 - Place both hands palm down in front of you as far as you can without bending your elbows. Make sure your fingers are pointing straight back toward your knees.
 - Lean backward keeping elbows straight.
 - Now do the same thing with your palms up.

3. Handstand Stretch Back against the wall:
 - Do a handstand with your back facing the wall.
 - Walk yourself away from the wall leaving feet against the wall.
 - Hold for 20 seconds.

4. Handstand Stretch Front side against the wall:
 - Do a handstand with your front facing the wall.
 - Walk yourself away from the wall leaving feet against the wall.
 - Hold for 20 seconds

Elbow Strengthening Exercises:

1. Arm Curls in standing:
 - Place weight in your hand and straighten arm at your side.

- Do an arm curl by slowly bending arm and slowly lowering back to starting point. Do not lock out your elbows! Stop just before your arm is fully straight.
2. Elbow Extension:
 - Lie on bench with upper arm supported and elbow bent.
 - Hold weight in your hands.
 - Slowly lift weight toward the ceiling and slowly lower.
 3. Piked push-ups:
 - Place feet on mat and hands on floor in a piked position.
 - Slowly perform a push-up stopping your extension before your elbow is fully straight. Do not lock out elbows.
 4. Push-ups on Bosu ball or porcupine ball:
 - Perform a push-up but do not fully extend elbows.
 5. Push-ups 4 ways:
 - Hands together at shoulder level.
 - Hands at shoulder width.
 - Hands out to the sides.
 - Hands above head.
 6. Elbow Dips:
 - On paralletes – Place feet in front of you up on a mat and “dip” down as far as possible.
 - Progress to parallel bars
 7. Pull-ups
 - Complete pull-ups with hands facing forward.
 - Complete pull-ups with hands facing backward.
 8. Handstand Pops:
 - Practice “hand stand pops” with elbows in extension but not “locked out.”
 9. Handstand drill:
 - Practice straddle ups against the wall or on parallet bar with elbows in full extension but not “locked out.”