Dr Geoffrey Smith

Orthopaedic Surgeon Shoulder and Elbow Surgery MBChB MRCS(Ed) FRACS(Ortho) FAOrthA Provider No. 243619YH ABN 59 275 536 596



Early Closed Kinetic Chain Elbow Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions 4 times a day.

Lying

- Lying down, interlock your fingers together, with your hands at about waist level.
- Reach both hands up towards the ceiling, straightening your elbows as you do so.
- Lower back down, keeping your arms in close to your sides as you lower them down.

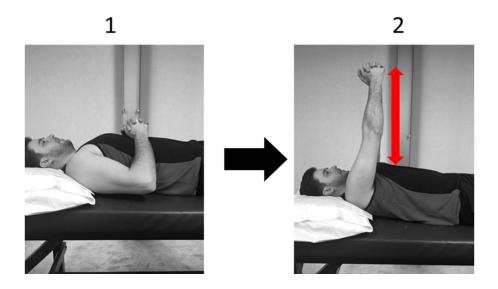


Table Slides

- Sit opposite a table.
- Place a towel on the table
- Put your elbows on the towel away from you trying to straighten your arms.
- Pull the towel back towards you trying to rest your elbows on the table.

