

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.

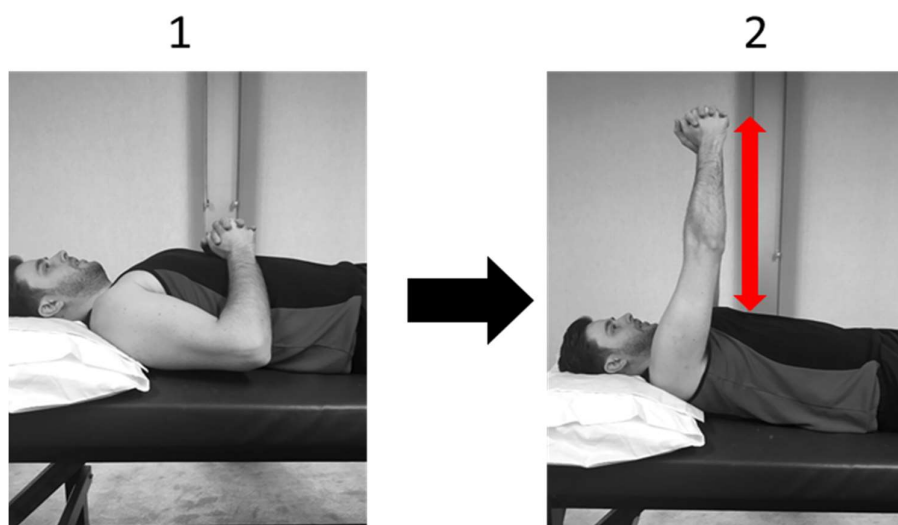


Table Slides

- 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.

