

Isometric Strengthening

DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

Do 10 repetitions 4 times a day

Extension (straightening)

- 1) Each of these should be repeated 10 times and attempted 4 times a day
 - 2) Place your hand of your affected side on top of the wrist of your unaffected side
 - 3) Attempt to straighten your affected elbow but resist any actual movement with your other hand.
 - 4) Hold this position
 - 5) Relax your arm and repeat
- You can then increase load in different joint positions.



Flexion (bending)

- 1) Place your hand of your unaffected side on top of your wrist of the affected side (affected side).
 - 2) Attempt to bend your elbow but resist any actual movement with your hand.
 - 3) Hold this position
 - 4) Relax your arm and repeat
- Aim for about 30% of maximum resistance
You can then increase load in different joint positions.



Pronation:

- 1) Hold your affected wrist in your unaffected hand. Try to roll your affected forearm over so that your palm faces the floor but resist this with your hand for 30% of max strength.
- 2) Relax and repeat



Supination:

- 1) Posture as above, but this time try to roll your palm up to face the ceiling, but resist with your hand holding the wrist.
 - 2) Relax and repeat
- Aim for 30 % of max strength.

