



Plyometric Exercises

Now you are at the stage when we can load your elbow in a truly functional sense.

Plyometric exercises use the elastic properties of your muscles which will not yet have returned to normal

Start by attempting 5 of each of these exercises at a time and progress to 20 of each, making sure you control your form.

Standing facing a wall, with your arms outstretched, palms facing the wall in front. Let your body fall towards the wall, and allow your arms to control your fall, and then push away, so that you go back to standing. As you are more comfortable, you can stand further from the wall, and then progress to a kitchen bench.

Hold a basketball or equivalent at chest height facing a wall.

Flick the ball towards the wall and then catch it as it comes back

Bounce a basketball onto the floor using your affected arm and dribble it from hand to hand

Full Strengthening Return to Sports / Gym / Work

You may now start to return to the gym and your normal sporting activities. These might include:

- 1) Chest Press
- 2) Lateral Pull Downs
- 3) Planks (Initially on an incline progress to flat on the floor)
- 4) Tricep Dips
- 5) Bicep Curls
- 6) Boxing
- 7) Yoga
- 8) Free Weights and Pulleys
- 9) Pilates