

1



ELASTIC BAND BICEP CURLS - RADIOBRACHIALIS - HAMMER CURL

With your arm at your side holding an elastic band, draw up your hand by bending at the elbow.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

Keep your palm facing sideways the entire time.

5



ELASTIC BAND WRIST PRONATION

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face down.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



ELASTIC BAND TRICEP

Start with your elbow bent and holding an elastic band as shown. Pull the elastic band downward as you extend your elbow.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

Keep your elbow by your side the entire time.

6



ELASTIC BAND WRIST SUPINATION

While holding an elastic band and resting your arm on your thigh or table, turn your affected wrist towards palm face up.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



ELASTIC BAND WRIST CURLS

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist upwards with your palm face up.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

7



TRICEP STRETCH

With your affected elbow bent and shoulder raised, use your other hand and gently push your affected elbow back towards over head until a stretch is felt.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4



ELASTIC BAND WRIST EXTENSION

Rest your forearm on your thigh or table.

Next, while holding an elastic band, bend your wrist downwards with your palm face down.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



Wrist Stretch

Straighten your arm in front of you (palm up). Use your other hand to bend your wrist up or down.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day