



Orthopaedic Specialists

BLUE RIDGE
BONE & JOINT

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ELBOW ECCENTRIC PROGRAM

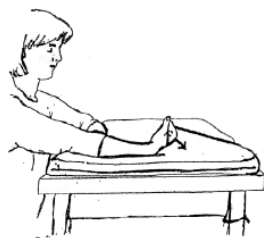
Perform 10 repetitions of each exercise, each day.



1. Forearm (Flexor Mass) Stretch – Hold arm straight, palm up. As shown in diagram, pull palm down with other hand, lightly stretching the forearm (flexor mass).

2. Back Arm (Extensor Mass) Stretch

Hold arm straight, palm down. Push down with the other hand, lightly stretching the back arm (extensor complex).



3. Eccentric Flexion Place arm on the table holding it straight with hand facing up and off the table. Place exercise tubing around the hand with the opposite end tied with resistance. Assist hand with palm up, working to starting position within a 5 count. Start with a yellow band. When it gets easy, advance to a red one.

4. Eccentric Extension – Place arm on the table, holding it straight, with hand facing down and off the table. Place tubing around hand, with opposite end tied tightly to table leg. Assist with opposite hand to extend position, working back to starting position within a 5 count.



5. Eccentric Pronation – Place arm straight on the table with thumb up. Hold a hammer with tubing secured around top of hammer and opposite end of tubing tied to table leg nearest involved arm. Assist hammer with opposite hand pushing hammer and palm down, slowly return to neutral within a 5 count.

6. Eccentric Supination – Place arm straight on the table with thumb up. Hold hammer with tubing secure around top of hammer and opposite end of tubing tied to table leg opposite involved arm. Push hammer down with opposite hand, turning involved hand palm up. Slowly return to neutral position within a 5 count.

