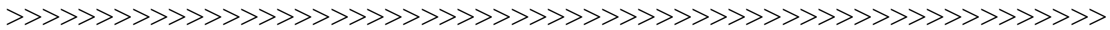
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Elbow Osteoarthritis

Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify your activities if you can and if you are unable to do this we recommend some relative rest and only carry out the exercises listed below.

Pain management methods:

Heat:



Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

Exercises:

Extensors Strengthening

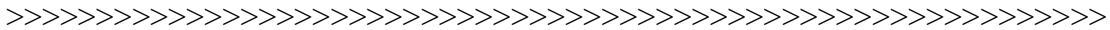
- With your forearm rested on a table
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Raise the weight up, moving only your wrist
- Slowly lower it down
- Hold 5 seconds, 10 repetitions, 2 sets



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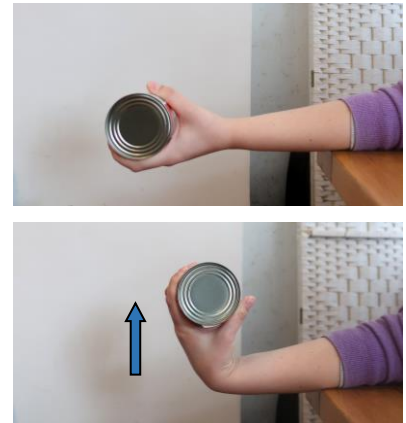


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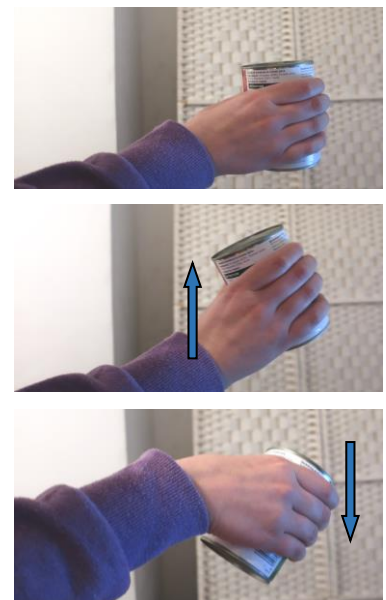
Flexors Strengthening



- With your forearm rested on a table, palm facing up
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Gently raise the weight
- Hold 5 seconds, 10 repetitions, 2 sets



Handshake Stretch

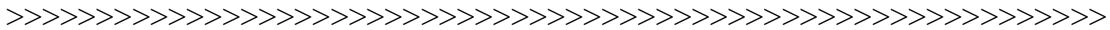
- With thumb pointing up
- Hold a light weight 1/1.5 Kg or a can of beans
- Imagine you are going to shake hands with someone
- Move the weight up, hold 2 seconds and slowly down
- Keep your arm still and only move your wrist
- 10 repetitions, 2 sets



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Sock Squeeze/ Stress Ball

- Hold a rolled-up sock or stress ball
- Make a fist around it and squeeze
- Hold 5 seconds, 10 repetitions



Bicep Curls:

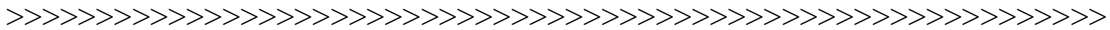
- Secure your injured elbow with your other hand
- Hold a light weight 1/1.5 Kg or a can of beans
- Slowly curl the weight up towards your chest and down again
- 10 repetitions, 2 sets



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Fingers Stretch:

- Wrap an elastic band around your fingers and thumb
- Gently open fingers and thumb against the elastic band as far as you can, keeping your fingers and wrist as straight as you can
- 10 repetitions, 2 sets

