

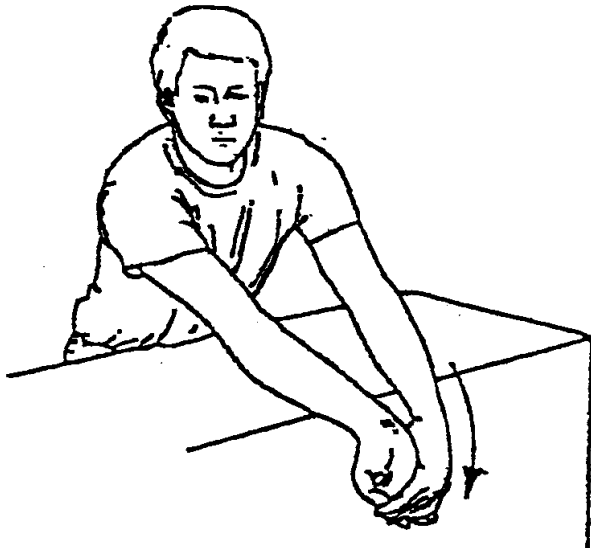
# Reliant Medical Group

## Rehabilitation & Sports Medicine Elbow Exercises

### STRETCH FLEXORS

Straighten elbow completely.  
With palm facing up, grasp the  
middle of the hand and thumb.  
Pull wrist down to the point of  
stretch. Hold for 10-20 seconds.

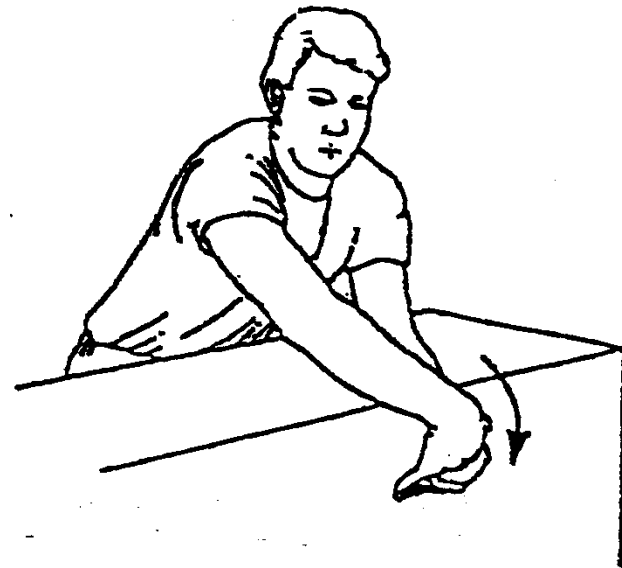
Release and repeat 5-10 times.



### STRETCH EXTENSORS

Straighten elbow completely.  
With palm facing down, grasp  
the back of the hand and pull  
wrist down to the point of  
stretch. Hold for 10-20 seconds.

Release and repeat 5-10 times.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.reliantmedicalgroup.org](http://www.reliantmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets