





exercise 1 Elbow flexion	exercise 2 Elbow extension	exercise 3 Playing puppets	exercise 4 Strengthening the biceps
<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • For recovering as much elbow flexion as possible. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position facing a table, your elbow and hand (palm upwards) are placed on the table. • Using the opposite hand, push the wrist to bend the elbow and bring your hand in contact with your shoulder of the same side. 	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • For recovering full elbow flexion. <p><i>Without this full extension, the shoulder tends to overwork to compensate.</i></p> <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position facing a table, your elbow is bent and placed on a cushion and the palm of your hand is facing upwards. • Take a small bottle of water in your hand and let your elbow slowly open under the weight of the bottle. Hold the position for at least 10 to 15 minutes. 	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • For regaining the ability of turning the palm of your hand to face upwards / downwards without moving your shoulder. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position, your elbow is bent and placed on a table (on a cushion for more comfort) and the palm of your hand is facing upwards. • The other hand helps your arm "to play puppets" by rotating it without raising your shoulder. 	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Facilitates elbow flexion thanks to the biceps. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position facing a table, your elbow is bent and placed on a cushion and the palm of your hand is facing upwards. • Using a small bottle of water with a certain amount of water in it (the fuller the bottle the harder the exercise will be) move your arm away from your body as far and as slowly as possible; then bring it back to your body. • Repeat several times in a pump-like motion.
<p>• TIP If your elbow is painful, place it on a cushion rather than directly on the table.</p>	<p>• TIP Be careful not to raise the top of your shoulder and not take too heavy a weight at the start (you can gradually fill the bottle to make the exercise more difficult).</p>	<p>• TIP Your hand is positioned at the wrist to perform the rotational movement.</p>	<p>• TIP Position the palm of your hand upwards.</p>
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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

Authors
Dr Françoise LAROCHE
Rheumatologist
Pain Assessment and Treatment Centre
Rheumatology Department - Saint-Antoine Hospital, Paris

Anne LAMBERT
Physiotherapist
Cochin Hospital, Paris