

ELBOW FOREARM INJURY PROTOCOL

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Towel Squeezes for Grip Strength

Use a stress/squishy ball, a rolled towel, or a sock. Squeeze slowly and firmly. Hold for 5 seconds, then relax.

Frequency: 2 - 3 x 10 repetitions



Wrist Extension

Rest your arm on a table with your elbow bent. Your hand should be off the table. With the palm facing down, make a fist and slowly extend the wrist up. Hold for 3 seconds, then slowly return to the starting position. Hold a weight if prescribed.

Frequency: 2 - 3 x 10 repetitions



Wrist Flexion

Rest your arm on a table with your elbow bent. Your hand should be off the table. With the palm facing up, make a fist and slowly curl the wrist up. Hold for 3 seconds, then slowly return to the starting position. Hold a weight if prescribed.

Frequency: 2 - 3 x 10 repetitions



Hammer Twists

Hold a hammer and rest your arm on a table with your elbow bent. Your hand should be off the table. Slowly rotate the hammer side to side. Holding at the end range or going slower increases the difficulty.

Frequency: 2 - 3 x 10 repetitions

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