

MARIN PHYSICAL THERAPY

Elbow Strengthening

___ Sets of ___ Repetitions



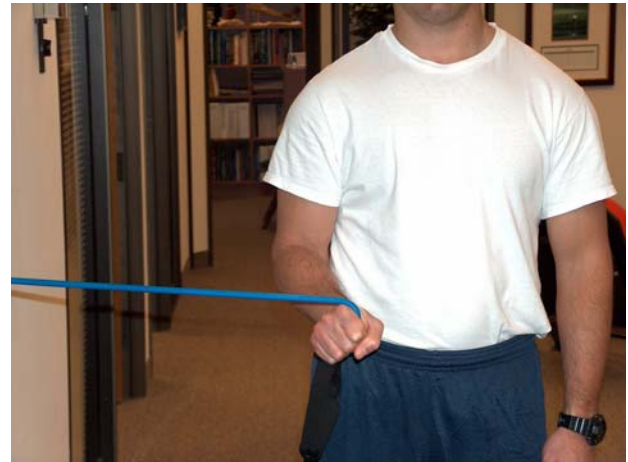
Wrist extension. Elbow fairly straight. Begin with wrist fully flexed. End with wrist fully extended.



Wrist flexion. Start with wrist fully extended. End with wrist fully flexed.



Supination. Begin by grabbing tubing palm down. Twist palm up.



Pronation. Begin by grabbing tubing palm up. Twist palm down.