

# Physical Therapy at Home – Elbow

## Your Personalized Elbow Replacement Exercise Program

Between the time of your surgery and your first appointment, there are exercises that you should complete at home in order to prevent excessive stiffness and improve mobility of your arm. Each of the following exercises should be performed 3-5 times per day for 10-20 repetitions.

### Tendon Gliding Exercises for the Hand:

- Keep arm in immobilizer at ALL times until first post-surgical visit
- Start with fingers straight, hold for 5 seconds
- Make a hook fist bending first two joints of hand and keeping large knuckle straight, hold for 5 seconds then return to straight hand
- Make a full fist bending all three joint of the hand, hold for 5 seconds then return to straight hand
- Repeat

