



## Post-Medial Elbow Tenotomy Stretches.

Repeat every stretch 10-15 times, four times a day

- 1 Bring shoulders up chest height and palms together centered in the front (Fig A). Gently apply pressure by the palm of the non-treated side and push the treated side hand back until a stretch is felt in the forearm and inner elbow. Hold for five seconds, release and repeat.



A

- 2 Stand about 2 feet from the wall, the treated arm side to the wall. With elbow bent at your hip place the palm on the wall, palm flat and fingers facing back (Fig B). Start twisting the feet, hips and shoulders away from the wall, pushing the hand into the wall at the same time, so that the elbow completely straightens as the torso twists away (Fig C).

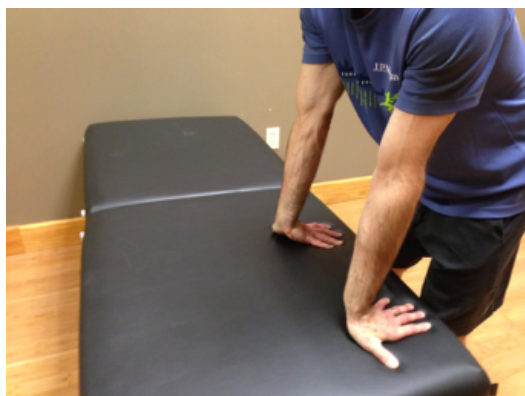


B

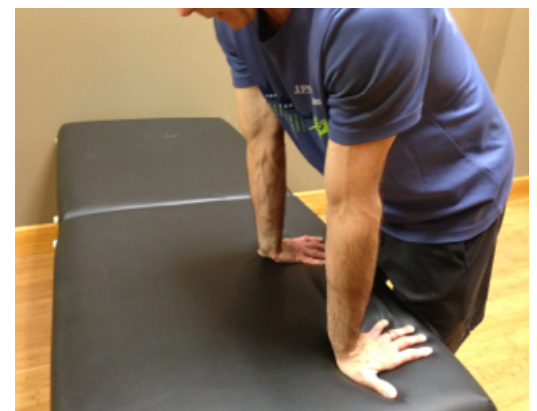


C

- 3 Place the palms onto the counter fingers facing toward the body and palms slightly elevated off the counter (Fig D). Start slowly leaning your shoulders over the elbows and the hands, bringing the palms flat onto the counter and the stretch is felt in the forearms and the inner elbows (Fig E).



E



F