

Burn Care Exercise Program

Elbow Active Range of Motion

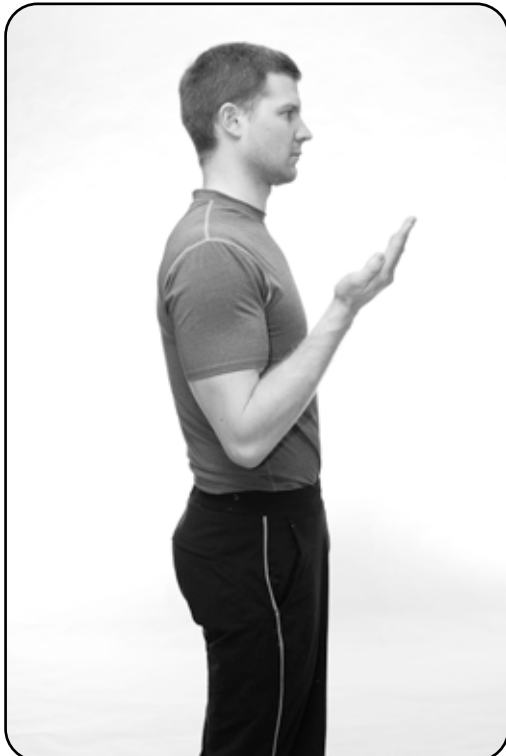
Instructions

Each exercise should take a total of 3 minutes. To help you reach this goal:

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 30 seconds at the end position.

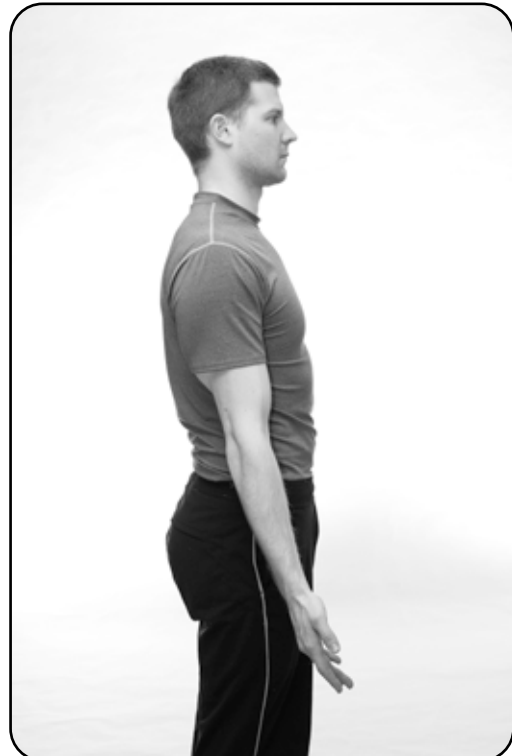
Elbow flexion

- Start with your arm relaxed by your side. Slowly bend your elbow, keeping your arm by your side.
- Go back to the starting position.



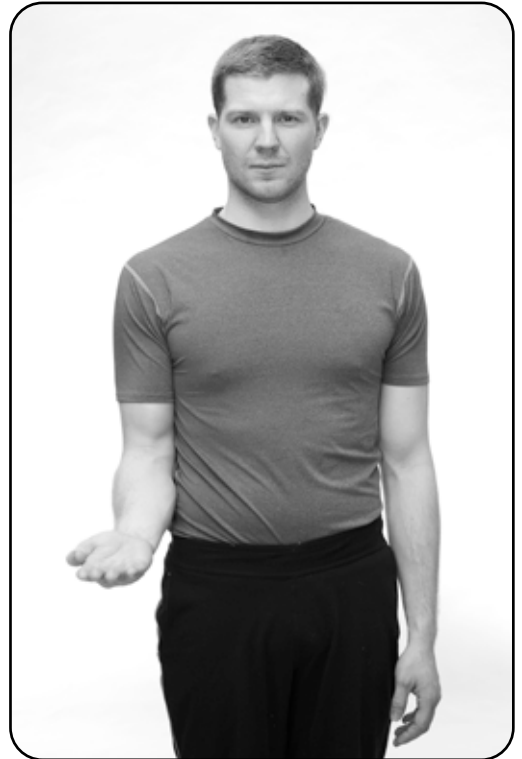
Elbow extension

- Slowly straighten your elbow.
- Go back to the starting position.



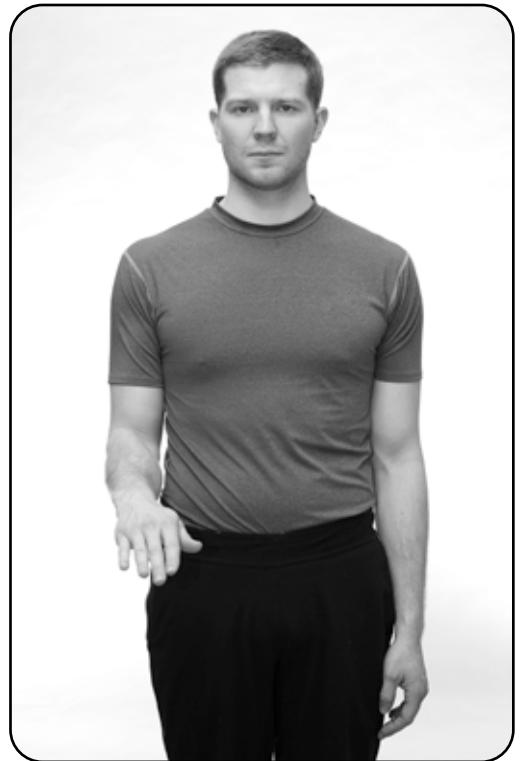
Supination

- Bend your elbow and keep it at your side.
- Turn your wrist so that your palm is facing up.



Pronation

- Bend your elbow and keep it at your side.
- Turn your wrist so that your palm is facing down.



What are your questions? Please ask.

Therapist: _____

Phone: _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: Rehabilitation Services

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To be reviewed April 2028 or sooner, if needed.