

# FFL Healthy Elbows/Forearms

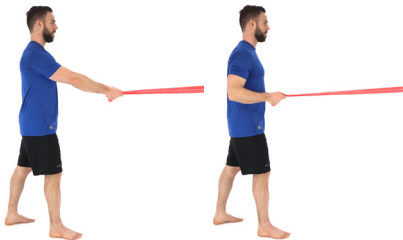


Strengthening exercises for the elbow and forearm can provide stability and improve your overall health. Use these exercises as part of a larger fitness routine in combination with other body parts. For assistance in creating your routine, reach out to an athletic trainer or health coach.

## General recommendations

- Begin a strengthening program as tolerated.
- Tighten or engage core muscles while completing activities.
- Perform activities slowly and with control to feel each muscle group working.
- Increase repetitions and weight as strength improves and is tolerated.

### Row



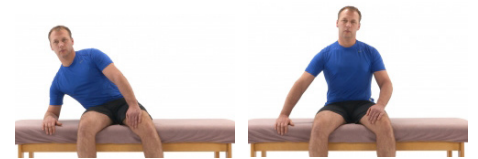
- Anchor a band at chest level and stand tall with feet staggered.
- Hold your resistance band so that the arms are straight and the band has no slack in it.
- Keep your core tight, pull the arms back, squeezing the shoulder blades back and down.
- Hold the position briefly, then slowly return to start position.
- **Alternative activity:** If no resistance band available, complete row with a weight.

### Biceps Curl



- Sit or stand with your arm against your side and the palm facing inward.
- Bend your elbow upward turning the palm up as you progress.
- Lower slowly to the starting position.

### Seated Triceps Extension



- Sit on a firm mattress or sofa and put your affected forearm flat on the surface with your palm facing down if possible. You may want to place a firm pillow under your elbow for comfort.
- Slowly lean your weight onto your bent elbow.
- Push your hand down against the support surface, straightening your elbow and sitting more upright.
- Slowly allow your elbow to bend, returning your forearm to the surface.
- Work back and forth between the two positions in a slow, rhythmical manner.

### Wall Push Up



- Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level.
- Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.
- To return to the starting position, push into the wall, straightening your elbows.
- Return to start position.

### Push Up Series



- Lie on your stomach with your hands beside your shoulders.
- Tighten your abdominals and core, and raise your body off the floor by straightening your elbows, keeping your neck and back straight.
- Slowly bend your elbows and lower yourself back down to the floor.
- **Modification:** Keep your knees on the floor instead of raising up on your toes.

### Standing Triceps Extension



- Bend your elbow and position your arm overhead while holding a weight.
- Straighten your arm while keeping your elbow at ear level. You may hold the elbow in position with the other hand.
- Return to the starting position.

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## Wrist Flexion



- Place your forearm along an armrest or table with wrist hanging over the edge and palm facing up.
- With a weight in your hand, curl the hand towards the ceiling, palm up.
- Lower slowly.
- This can also be performed in related work position/stance: stand with shoulder blade retracted, core stable, and arm in "power zone".

## Wrist Extension



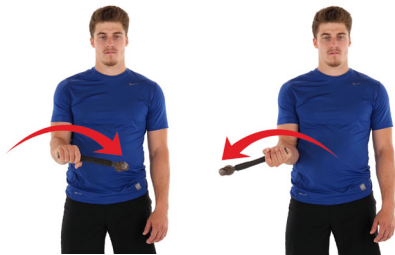
- Place your forearm along an armrest or table with your wrist hanging over the edge and palm facing down.
- With a weight in your hand, bend your wrist, lifting the hand towards the ceiling.
- Lower slowly.
- This can also be performed in related work position/stance: stand with shoulder blade retracted, core stable, and arm in "power zone".

## Wrist Radial Deviation



- Place an elastic band (or use a weight) under your foot or under a heavy object.
- Support your forearm on a table, holding an elastic in your hand, thumb up.
- Incline the wrist upward.
- Return to the starting position.
- Perform in related work position/stance.
- Stand with shoulder blade retracted, core stable, and arm in "power zone".

## Resisted Pronation and Supination



- Sit or stand and hold a hammer, a weighted stick or any similar object that has a long lever.
- Start with your palm in a neutral position (palm facing sideways – thumb up) with the hammer vertical.
- Slowly turn your palm up in a controlled manner.
- Return to the starting position.
- Then slowly turn your palm down. The hammer will be moved across a 180° arc.

## Shoulder External Rotation



- Stand up tall, holding the ends of a resistance band in your hands.
- Tuck your elbows in by your side and bend your elbows to 90 degrees.
- Pull your elbows backwards, squeezing shoulder blades together.
- Next, slowly rotate the shoulders by moving your hands away from each other, keeping your elbows tucked in by your side.
- Slowly return to the initial position.
- Have no slack in the theraband.
- Pull symmetrically. You can use a mirror to monitor the movement.

*I understand and acknowledge that I should seek the advice of a physician before beginning any physical exercise regimen, routine, or program, including participating in the activities depicted in this handout. I further understand and acknowledge that, as with any exercise program or other activity, if at any point during my activity I begin to feel faint, dizzy or have physical discomfort, I should stop immediately.*

Please contact the Fit for Life team at 442-3145 or email [BIWfitforlife@gdbiw.com](mailto:BIWfitforlife@gdbiw.com).

**GENERAL DYNAMICS**  
Bath Iron Works