

# UPSWING HEALTH

## Elbow Contusion

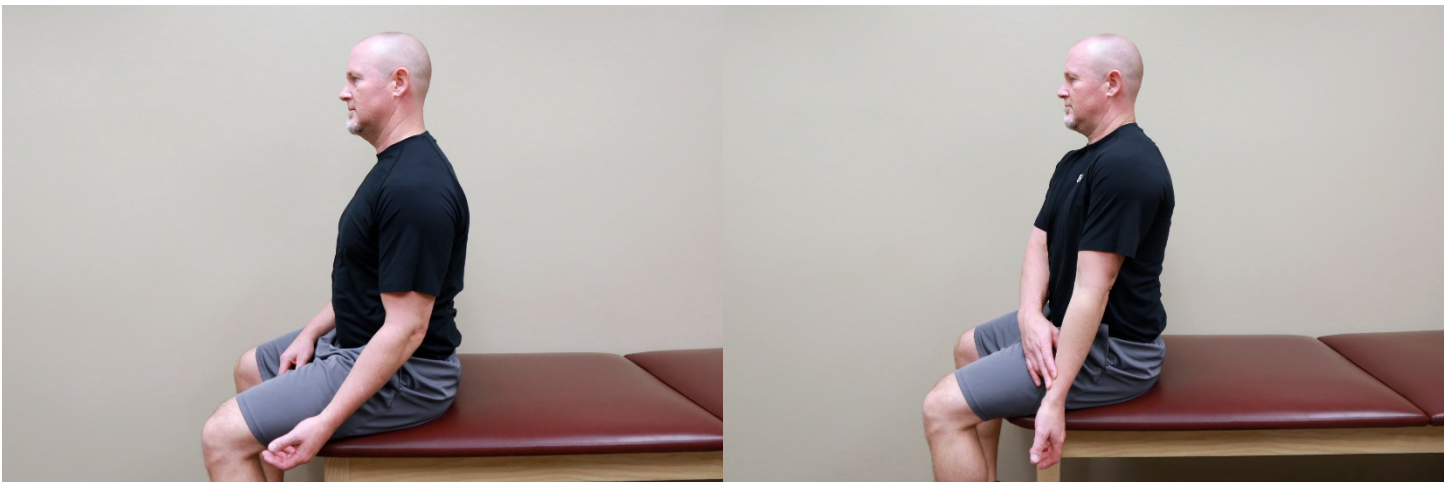
### Passive Elbow Flexion

With your palm facing the ceiling, use your other hand to passively bend the elbow to bring your involved hand towards your shoulder. Hold 5-10 seconds, repeat 10 times, 2-3 times a day.



### Passive Elbow Extension

Sitting in a chair, use your other hand to assist the involved arm to straighten the elbow as pictured. Maintain this position for 30 seconds, 3-5 repetitions, 3-5 times a day.



# UPSWING HEALTH

## Elbow Flexion/Extension

With your palm facing the ceiling, actively raise your hand towards your shoulders. Return to the starting position to straighten your arm fully. Perform 2-3 sets of 10 repetitions, 2-3 times a day.



# UPSWING HEALTH

## Passive Supination/Pronation

Grasp your involved wrist with your opposite hand, as pictured. Rotate your palm upward, then use your opposite hand to gently pull your palm to completely face the ceiling. Rotate your palm to face the floor, then use your opposite hand to gently pull your palm to completely face the floor. Hold 5-10 seconds, repeat 10 times, 2-3 times a day.

