
Elbow Phase I – Home Exercise Program

General Instructions

- Ball squeeze exercise can be performed more frequently to assist with swelling and edema within the arm/hand.

Exercises

BALL SQUEEZE



With an elastic ball or rolled-up sock, firmly squeeze it in the palm of your hand.

This is very useful to help with swelling and edema in the arm/hand.

Repeat 30 Times

Complete 1 Set

Hold 1 Second

Perform 3 Times a Day



WRIST FLEXION & EXTENSION

Bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Repeat 30 Times

Complete 1 Set

Perform 3 Times a Day
