



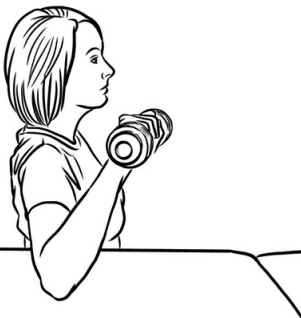
Place the back of one hand against the door frame with your elbow tucked into your body.

Push against the door frame, keeping your elbow tucked in.



Stand with your 'injured' arm bent at the elbow and tight to the body.

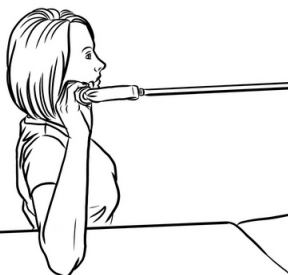
Using the opposite hand as resistance, try to rotate the hand and forearm away from the body.



Rest your elbow on a table and bend your elbow up to 90 degrees.

Hold a dumb-bell and gradually lift your hand off the table, keep your elbow in contact with the table.

Keep your shoulders down and together throughout the movement.



Rest your elbow on a table and bend your elbow up to 90 degrees.

Hold the resistance band and pull backwards against the resistance.

Keep your shoulders down and together throughout the movement.

Keep your elbow tucked into your body throughout t



Lie on the floor with your knees bent at 45 degrees.

With your elbow at 90 degrees, using your opposite hand as resistance, rotate your elbow outwards away from your body.



Lie on your side with your knees bent at 45 degrees.

Place your head on your arm underneath your body and hold a dumbbell in the other hand.

Keep your elbow tucked in at 90 degrees and take your lower arm away from your body.



Hold on to a resistance band across your body.

Keep your elbow tucked in and pull the band across your body, taking your arm outwards.