



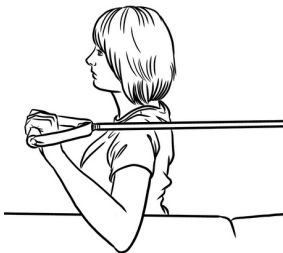
Place the palm of one hand against the door frame with your elbow tucked into your body.

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



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

Use the opposite hand as resistance, try to rotate the hand and forearm in towards the body.



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

Hold the resistance band and pull forwards against the resistance.

Keep your shoulders down and together throughout the movement.



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

Grip the weight in your hand with the arm that is underneath your body.

Keeping your elbow tucked in at 90 degrees, bring your lower arm in to your stomach.



Hold on to a resistance band at the side of your body.

Keep your elbow tucked in and pull the band in to your body, taking your arm inwards.