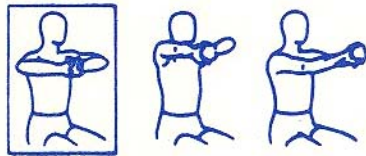


Exercise 2

Starting position : Sitting upon a stool, with hands joined across the chest.

Method : Stretch arms in front, keeping the hands joined together.



Exercise 3

Starting position : Sitting upon a stool, with hands joined across the chest.

Method : Turn joined hands away from the body, with the back of the hands facing the chest; extend the arms forwards and then revert to starting position by performing the same movements in an inverse direction.



Exercise 4

Starting position : Sitting upon a stool, arms by the side, each hand holding a maximum weight of 2 kgs.

Method : Flex and extend the forearms over the arms.

Exercises C: Standing on all-fours



Exercise 1

Starting position : On all-fours with hands turned inwards.

Method : Bend the elbows, trying to bring the chest towards the floor, and then extend the arms.



Exercise 2

Starting position : On all-fours.

Method : Lift the body up on your toes, keeping the hands on the floor.

Exercise D: Lying face downwards

Exercise 1

Starting position : Lying face downwards, arms tucked under the shoulders.

Method : Raise the body up on the arms, keeping legs straight, toes touching the floor.



THE ELBOW JOINT

5

Objectives: To mobilise the elbow (flexing, extending, bending forwards as well as bending backwards). To strengthen the bending and extending muscles of the arm.

How to perform the exercise: In the same way as in the exercises of the shoulder which are performed in the sitting position, the arms must rest upon a hard surface. One has to take care to see that the movements are not made difficult by the clothes.

Exercises A: Lying on back, face upwards



Exercise 1

Starting position : Lying on back, with arms outstretched on either side at shoulder level.

Method : Flexion and extension of the forearms.
Subsequently this exercise must be done with weights upto 2 kgs. in each hand.



Exercise 2

Starting position : Lying on back with arms outstretched on either side at shoulder level.

Method : While inhaling, press the elbows against the floor, then relax the arms by releasing the pressure while exhaling.



Exercise 3

Starting position : Lying on back with arms stretched alongside the body.

Method :
i) Flex the forearms over the arms.
ii) Raise the arms vertically upwards and then revert to the starting position in an inverse direction.

Exercises B: Seated on a stool



Exercise 1

Starting position : Sitting upon a stool with the forearm resting on a table, and the hand over the edge.

Method : Rotate the forearm, palm pointing upwards and then in the opposite direction with palm pointing downwards. Avoid movement of the arm or the body.
