

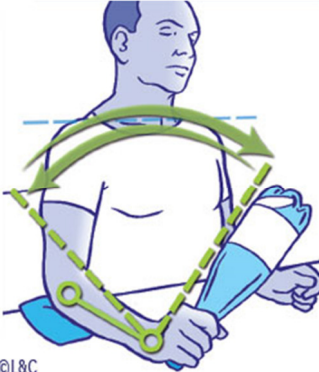



*Incipient osteoarthritis*  
Exercises to maintain joint function

Information sheets 5  
Osteoarthritis of the elbow

exercise 1 Elbow flexion	exercise 2 Elbow extension	exercise 3 Wrist rotation	exercise 4 Contraction of the biceps
<p><b>Why is this exercise useful?</b></p> <ul style="list-style-type: none"> <li>For recovering as much elbow flexion as possible.</li> </ul> <p><b>How do you do the exercise correctly?</b></p> <ul style="list-style-type: none"> <li>Sitting, your back firmly supported by the back of the chair, your elbow at a 90 degree angle and your palm facing upwards.</li> <li>Using the opposite hand, push your wrist to bend your elbow as far back as possible.</li> </ul>	<p><b>Why is this exercise useful?</b></p> <ul style="list-style-type: none"> <li>For recovering full elbow flexion.</li> </ul> <p><i>Without this full extension, the shoulder tends to overwork to compensate.</i></p> <p><b>How do you do the exercise correctly?</b></p> <ul style="list-style-type: none"> <li>Sitting on a chair, your hand on the diseased side slipped under your buttock (palm down).</li> <li>Bring your elbow towards your body to stretch it as much as possible with the other hand.</li> </ul>	<p><b>Why is this exercise useful?</b></p> <ul style="list-style-type: none"> <li>For restoring pronosupination without moving the shoulder.</li> </ul> <p><b>How do you do the exercise correctly?</b></p> <ul style="list-style-type: none"> <li>Sit facing a table, elbow resting on a cushion.</li> <li>Take a bottle by the neck and swing it from left to right.</li> </ul>	<p><b>Why is this exercise useful?</b></p> <ul style="list-style-type: none"> <li>For recovering strength in the biceps.</li> <li>For enabling better function and mobilisation of the elbow.</li> </ul> <p><b>How do you do the exercise correctly?</b></p> <ul style="list-style-type: none"> <li>Take a small bottle with a certain amount of water in it.</li> <li>Bend your arm and bring it down as slowly as possible.</li> </ul>
<p><b>TIP</b> Do the movement by yourself so that you can control any potential pain. In the event of pain, not to exceed the range of motion.</p>	<p><b>TIP</b> Do the movement by yourself so that you can control it. Pain sets a limit on the range of motion. Keep your back straight and your shoulders back.</p>	<p><b>TIP</b> Be careful not to raise your shoulder or forearm which should roll on the table. The weight of the bottle allows you to increase the strength of the exercise.</p>	<p><b>TIP</b> Keep elbows close to the body to spare the shoulder.</p>
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**DURATION OF EXERCISES**

**Stretching movements:** you can hold the position for several seconds (6-10), stopping if it becomes too painful.  
**Strengthening movements:** you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

**SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES**

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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