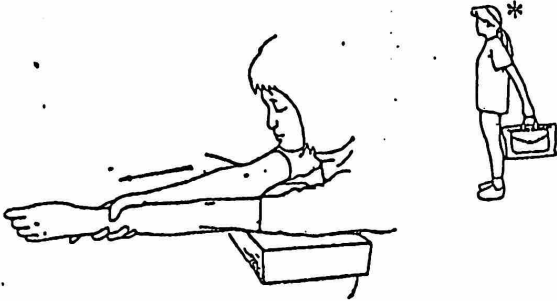


ELBOW / FOREARM - (passive / isometric)

May 31, 2000

ELBOW - 6 Extension (Passive)



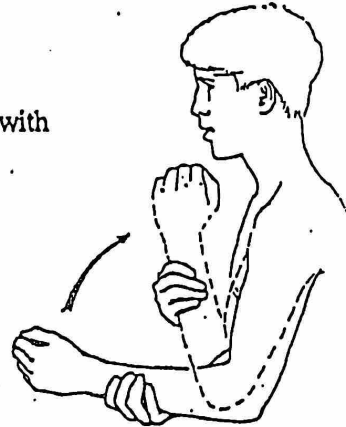
Place thick telephone book on table and rest upper arm on it. Grasp forearm with other hand and use a steady downward and outward pull to straighten elbow. Hold _____ seconds.

Repeat _____ times. Do _____ sessions per day.

*Activity: Swing object, such as briefcase, to straighten elbow.**

ELBOW - 1 Flexion (Passive)

Use other hand to bend elbow, with thumb toward same shoulder. Do NOT force this motion. Hold _____ seconds.



Repeat _____ times.

Do _____ sessions per day.