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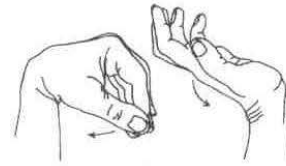
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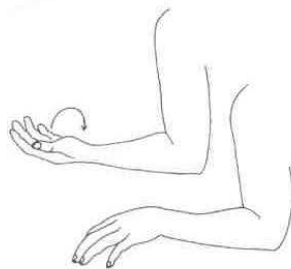
Medial Apophysitis (Little Leaguer's Elbow)
Rehabilitation Exercises

You may do stretching exercises 1 through 3 right away. You may do strengthening exercises 4 through 6 when stretching is painless.

1. Wrist range of motion: Bend your wrist forward and backward as far as you can. Repeat 10 times. Do 3 sets.



Wrist range of motion



Forearm range of motion

2. Forearm range of motion: With your elbow at your side and bent 90 degrees, bring your palm face up and hold for 5 seconds, then slowly turn your palm face down and hold for 5 seconds. Repeat 10 times. Do 3 sets. Make sure you keep your elbow bent at 90 degrees throughout this exercise.



Elbow range of motion

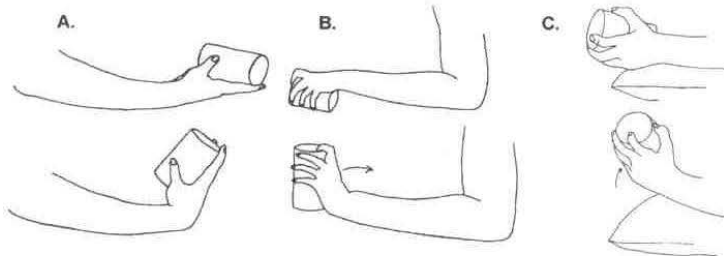
3. Elbow range of motion: Gently bring your palm up toward your shoulder and bend your elbow as far as you can. Then straighten your elbow as far as you can 10 times. Do 3 sets.

4. Wrist strengthening:

A. Wrist flexion: Hold a soup can or hammer handle with your palm up. Slowly bend your wrist up. Slowly lower the weight and return to the starting position. Repeat 10 times. Do 3 sets. Gradually increase the weight of the can you are holding.

B. Wrist extension: Hold a soup can or hammer handle with your palm down. Gently bend your wrist up. Slowly lower the weight and return to the starting position. Repeat 10 times. Do 3 sets. Gradually increase the weight of the can you are holding.

C. Wrist radial deviation strengthening: Put your wrist in the sideways position with your thumb up. Hold a can of soup or hammer handle and gently bend your wrist up with the thumb reaching toward the ceiling. Slowly lower to the starting position. Do not move your forearm throughout this exercise. Repeat 10 times. Do 3 sets.



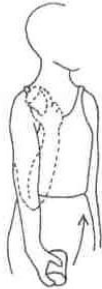
Wrist strengthening

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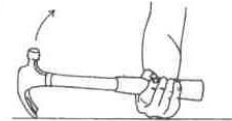
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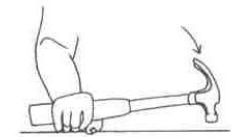


Elbow flexion and extension

5. Pronation and supination strengthening: Hold a soup can or hammer handle in your hand and bend your elbow 90 degrees. Slowly rotate your hand with palm upward and then palm down. Repeat 10 times. Do 3 sets.



6. Elbow flexion and extension: Hold a can of soup with your palm face up. Slowly bend your elbow so that your hand is approaching your shoulder. Then lower it slowly so your elbow is completely straight. Repeat 10 times. Do 3 sets. Slowly increase the weight you are using.



Pronation and supination

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