



Rehabilitative Exercises | Extremity Stretches

UE1 Radio Brachialis Stretch

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- 1- Raise your sore arm straight out in front of you and flex your wrist downward. Put your other hand on top of your raised hand with your thumb underneath on your palm.
- 2- Roll your arm outward using your thumb to help rotate your sore arm until you can feel the stretch in your affected elbow.
- 3- Repeat for _____ seconds _____ times a day.