Stretching Exercises for Below Elbow Amputation

After an amputation of the lower arm, exercise your elbow to keep it from getting tight and stiff.

• Do these stretching exercises _____ times each day.
• Repeat each exercise _____ times.

**Straightening Elbow (Flexor Stretch)**
1. Sit in a firm chair at a table or firm surface.
2. Place a rolled towel under your amputated arm, just above your elbow.
3. Use your hand and push down on the end of your arm until you feel a stretch in that arm above the elbow.
4. Hold the stretch for 3 to 5 seconds and then relax.

**Bending Elbow (Extensor Stretch)**
1. Bend your elbow on your amputated arm up as far as you can.
2. Use your hand and put pressure on the back of your lower arm until you feel a stretch in the back of the upper arm.
3. Hold the stretch for 3 to 5 seconds and then relax.