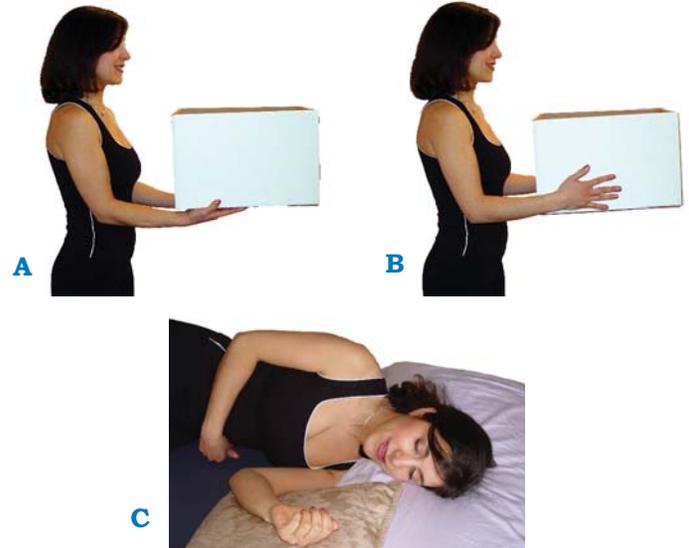


- Avoid **lifting** heavy objects with your palms facing you (figure A). Instead, lift with your palms away from you (figure B).
- **Sleep** with a small pillow in the crook of your arm to avoid lying asleep with your arm bent excessively for extended time periods (figure C).
- **Purse strap** should not hang on the forearm with the elbow bent. It can be held in the fingers of your outstretched arm or on your opposite shoulder.
- **Telephone** use should be limited to a headset or limited in duration to less than 2 minutes.
- **Musical instrument** playing should be accompanied by taking every opportunity to rest the arms in the extended position.



Stand in a doorway with one leg in front of the other. Grasp the doorway molding at about shoulder level, as in the figure to the right. Twist your body away while maintaining your hold on the molding. You should feel a stretching sensation in the front part of your arm. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by twisting more with each exhalation.

Repeat this exercise 2-3 times a day until you no longer feel the tightness in your arm when performing it.



While seated on a comfortable chair with an armrest, allow your arm to extend with the armrest as a fulcrum. Use your other hand to apply a light force against your forearm in the direction of the floor, but not to the point of discomfort. (figure A) With your bottom arm lightly contract your arm into bending at your elbow against an equal & opposite resistance (figure B). Hold it there with the resistance for 3 deep breaths. Upon completion of the breathing allow your arm to slowly return towards its starting position. Repeat this muscle contraction & release 3 times.

Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position.



To strengthen the brachialis start in the standing position with your arms fully extended and your palms facing towards from you, as shown in figure A. Using not more than 5 lb dumbbell, flex your arms while inhaling deeply and ending with your hands facing away from you, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with Weights



To strengthen the brachialis sit facing the machine with your arms outstretched and your palms towards the floor, as shown in figure C. Flex your arms towards your chest while inhaling deeply and ending with your palms away from you, as shown in figure D. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with a Machine



Also Train: Triceps, Deltoids & shoulder rotator muscles!