## Tricep extension

# Physical Therapy in Fremont, Carbon, and Sweetwater Counties for Elbow

Stand tall, with your head and neck erect, and shoulders in neutral position.

Using a pulley or resistance band attached just above your shoulder height, grasp the handle or band with your right hand and extend (straighten) your right elbow against resistance.

Maintain a slight bend in the elbow at the end.

Return to the starting position with control.

Your shoulder and back should not move with this exercise.

Use resistance and repeat as advised by your Physical Therapist.