

Tips For Keeping Your Elbow Healthy

- **Proper Ergonomics:** Maintain good ergonomics at work and home. Ensure your workspace is set up to minimize strain on your elbows during activities such as typing or using a computer mouse.
- **Strengthening Exercises:** Include exercises that strengthen the muscles around the elbow, including bicep and tricep exercises. Consult with a fitness professional or physical therapist for a tailored exercise program.
- **Warm-Up and Stretching:** Warm up your muscles before engaging in physical activities, and include stretches to improve flexibility. Focus on the muscles in your forearm and upper arm.
- **Proper Lifting Technique:** Use proper lifting techniques to avoid putting unnecessary strain on your elbows. Bend your knees and keep the object close to your body when lifting.
- **Hydration and Nutrition:** Stay hydrated, and maintain a balanced diet rich in nutrients, including those important for bone and joint health, such as calcium and vitamin D.
- **Avoid Leaning on Elbows:** Avoid prolonged pressure on your elbows, such as leaning on them for extended periods. This can cause compression and irritation.