

Elbow Joint Wellness

The elbow joint is commonly affected by hemophilic bleeding. Exercise and movement of the joint is important for range of motion and strength. Our HTC Physical Therapist Kay Craig is happy to discuss elbow joint health with you at any time and provide exercise recommendations tailored to your needs.



Check out the GREAT video from NBDF “Meet the Joint: Elbow.” You will gain an understanding of the anatomy and function of the elbow, the impact of an elbow bleed and learn exercises that can be done to help in recovery of a joint bleed.

[Meet the Joint: Elbow | NBDF \(hemophilia.org\)](#) - Link is below

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.