

Patient Information

Trauma & Orthopaedics

Elbow Injuries



To overcome stiffness in your elbow, do the exercises below.

Remember:

- Remove brace or sling before exercising
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.
- Always keep your shoulder still while exercising your elbow.
- Swimming is also an excellent exercise.
- Don't forget to keep your shoulder and hand moving.

1. Lie on your back or stand. Hold the shoulder on the injured side down by pressing on it with the opposite hand. Bend and straighten the affected elbow.



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2. While sitting, touch the back of your neck with your hand (of the injured arm). Then straighten the elbow above your head.



3. With your arm held by your side and your elbow bent at 90 degrees, turn your hand to face the floor and then the ceiling.



Should you have any worries or concerns following discharge from hospital, please contact:

Virtual Fracture Clinic Hotline: 024 7696 9237

(Monday to Friday 9am- 4pm)

Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name and number and you will receive a call back

For emergencies out of these hours please attend A&E.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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