

Trauma & Orthopaedics

Elbow Injuries



Please do the exercises in this leaflet to overcome stiffness in your elbow.

Please remember when exercising:

- Remove your 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.
- Do not forget to keep your shoulder and hand moving.



Patient Information

Exercises

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

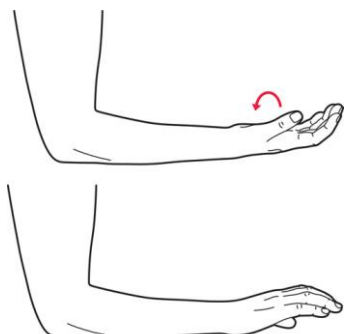


2. While sitting, touch the back of your neck with your hand (of the injured arm). Then straighten the elbow above your head.



Patient Information

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)

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and number and we will return your call.

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

The photographs for exercises 1 and 2 are original images sourced from Library and Knowledge Services, UHCW.

The hand turn illustration for exercise 3 in this leaflet is reproduced by permission of Versus Arthritis, www.versusarthritis.org

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