

# Elbow Exercises



## *Exercises in a brace/sling*

Your elbow has been injured and that means you have to be in a brace and/or sling for a period of time to help it to heal. During this time your elbow may become stiff and the muscles become tight and weak. Your orthopaedic doctor is happy for you to move your elbow; movement will not stop the injury healing.

### **Skin and Swelling**

Often there is some swelling in the arm after you hurt it, you may want to continue to wear a compression bandage or glove and elevate your hand at times during the day to help reduce the swelling. The injury should continue to improve with time and exercise.

### **Exercises**

The exercises below will help you to gradually get back to normal. It is recommended that you attempt these exercises 3 times a day.

You will feel some stretching or pressure in the elbow and even some mild pains during the exercise, but these should ease off by stopping the movement. If you are feeling strong pain stop the exercises and tell your physiotherapist or orthopaedic doctor.



Bend your elbow and keep it in to your side (like in the picture shown). Now try to turn the wrist so the hand faces up to the ceiling. Then reverse the movement, twisting the wrist so the palm faces the floor.

Repeat this 10 times. Start with 1 set and try to build up to 3 sets as you feel comfortable to do so.



Bend your elbow, bringing your hand up to attempt to touch your shoulder (as pictured). Hold for 5 seconds and then lower straightening the elbow as far as you can.

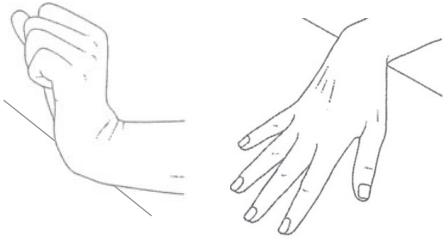
Repeat this 10 times. Start with 1 set and try to build up to 3 sets as you feel comfortable to do so.



Straighten your affected elbow as far as you can comfortably and then use the good hand to add extra stretch to try and straighten it further (as pictured).

Hold for 10 seconds. Repeat 3 times.

If you are finding this easy hold for longer, up to a minute.



Support your forearm on a table, make a fist and slowly lift your wrist up. Then let the hand and fingers slowly relax and bend downwards.

Repeat this 10 times. Start with 1 set and try to build up to 3 sets as you feel comfortable to do so.



Make a fist and hold it tightly for 10 seconds. Repeat 3 times. If you find it easy try to hold for longer, maybe up to a minute.

When you find you have the strength start to place something in the fist, like a soft ball or some rolled up socks, and squeeze that. Hold for 10 seconds - squeeze for longer as you are able.

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