

Elbow injuries

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

Remember:

- Remove brace / splint / cast before exercising *staff to delete as appropriate
- 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.



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 palm upwards towards the ceiling and then downwards towards the floor, as far as possible.



Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Would you recommend our service to family and friends if they required similar care or treatment?' by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

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Fracture Clinic, December 2011

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