



Elbow injuries: discharge advice

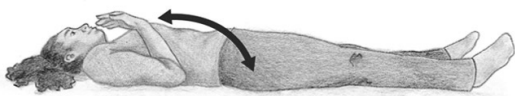
Exercise advice following discharge from hospital with an elbow injury.

General advice

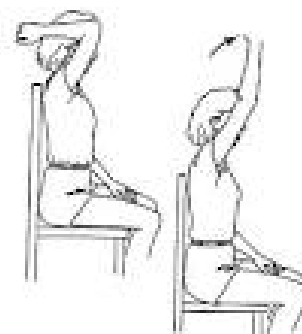
- Remove **brace / splint / cast** before exercising **staff to delete as appropriate*.
- Exercise as the pain allows – **do not continue if it is too painful!**
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.
- Always keep your shoulder still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

Do the following exercises to relieve stiffness in your injured elbow:

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.



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