



REHABILITATION

Elbow Exercises

You have had an injury or surgery to your elbow.

It is important that you now work on regular exercises in order to regain the best function in your elbow.

The following is an outline of a set of exercises that you may find helpful during your recovery.

Remember the effort you put into your rehabilitation will significantly affect your final function.

Work through each exercise 10 times every hour during the day.

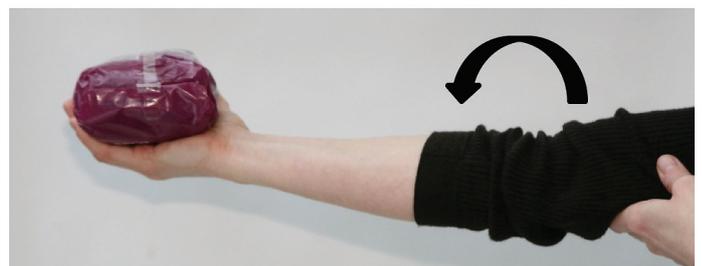
Elbow Flexion

Bend the elbow until you feel a tightness. Use your other hand to apply a gentle stretch, holding the stretch for the count of 5.



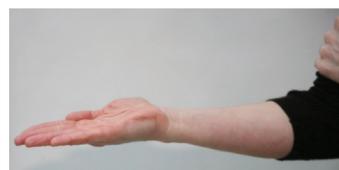
Elbow Extension

Straighten the elbow until you feel a tightness. To increase the stretch gently hold a light weight in your hand whilst supporting under the elbow. Let the elbow relax at the front and stretch out slowly. Allow this stretch to occur over a minute then relax. Start with holding something like a grapefruit and move up to a bag of sugar as this becomes more comfortable.



Pronation and Supination

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces upwards and then downwards in turn. If this is stiff use your other hand to apply a gentle stretch in each direction, holding the stretch for the count of 5 in each direction.



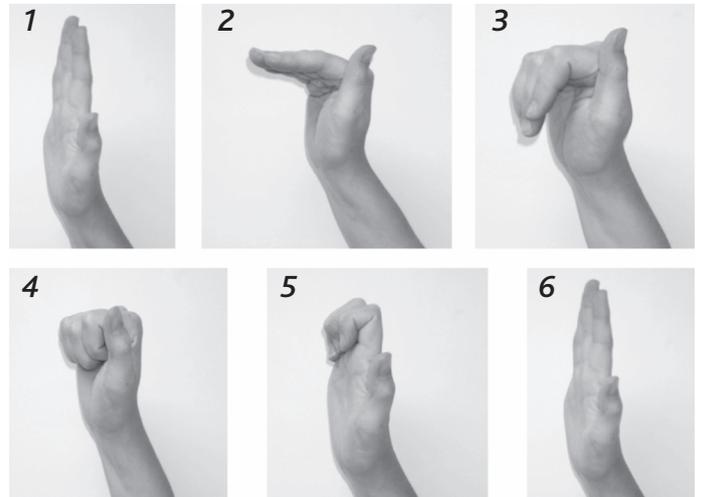


REHABILITATION

Tendon Gliding

Complete as a sequence, as numbered.

Increase the stretch in each position using the other hand if you feel stiff.



Neck and Shoulder Exercises

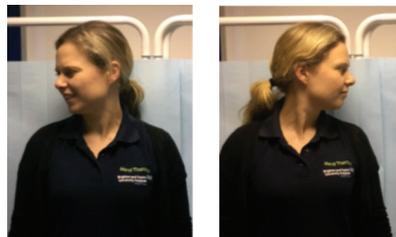
Raise your arm over your head when in a lying position.



Shrug your shoulders up and down in front of a mirror.



Keep your neck moving by turning your head over each shoulder.



Scar Massage (if you have had surgery)

Apply deep circular massage with firm pressure 3 times daily for 3 minutes to the scar and surrounding area. You may use a non-scented moisturiser to help with this and to soften the skin.