



REHABILITATION

Elbow Exercises

You have had an injury or surgery to your elbow.

It is important that you now do 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

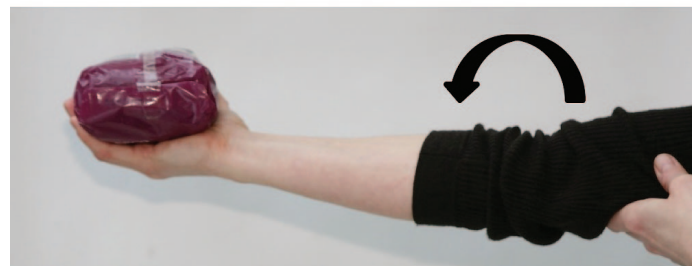
Bend the elbow until you feel a tightness. Use your other hand to apply a gentle stretch, holding the stretch for the count of 5.



Elbow Extension

Straighten the elbow until you feel a tightness.

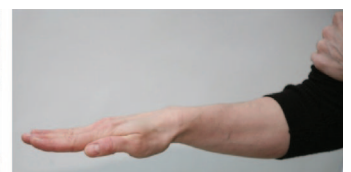
To increase the stretch gently hold a light weight in your hand whilst supporting under the elbow. Start with holding something like a grapefruit and move up to a bag of sugar as this becomes more comfortable. Hold this stretch for 10 seconds.



Pronation and Supination

Keep your elbow tucked into your side. Rotate your forearm so your palm faces upwards and then turn it downwards.

If this is stiff use your other hand to apply a gentle stretch in each direction, holding the stretch for 10 seconds in each direction.



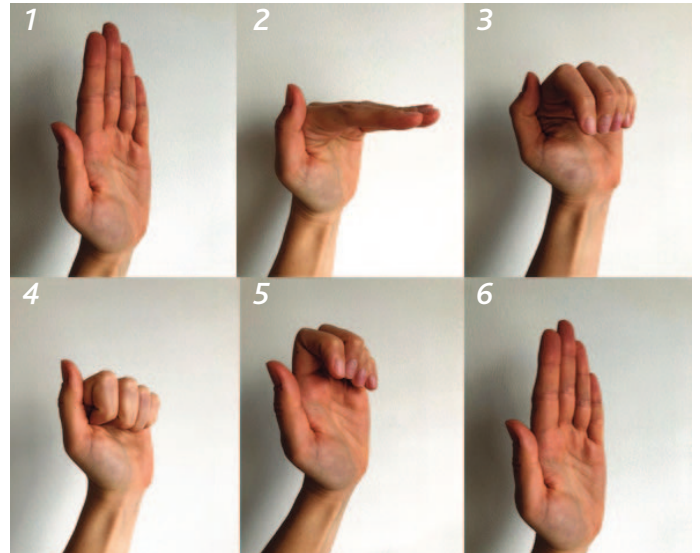


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Tendon Gliding

Complete as a sequence, as numbered.

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



Neck and Shoulder Exercises

Lie on your back with your arm by your side, slowly raise your arm over your head and then return it to the start position.



In front of a mirror, slowly shrug your shoulders by bring your shoulders up towards your ears and then down towards your trunk.



Keep your neck moving by slowly turning your head to look over each shoulder.



Scar Massage (if you have had surgery)

Apply deep circular massage with firm pressure 5 times daily for 5 minutes to the scar and surrounding area. You may use a non-scented moisturiser to help with this and to soften the skin.