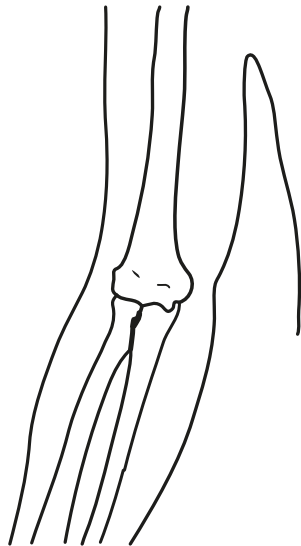


## Physiotherapy Advice for Elbow Injuries



This leaflet is designed to give you some helpful advice on how to manage following your injury.

It is important to exercise the arm whilst the injury heals to prevent elbow stiffness. Gentle movements will help the healing process.

### Movement

As the pain improves, you can use the arm as normal. It is very important to regain full movement as your pain improves. The following exercises will help.

### Exercises

#### Hand Exercises

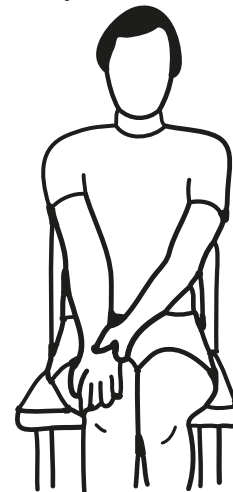
(as often as you can)

- Make a fist and then straighten your fingers.
- Move your wrist up and down, keeping your fingers straight.

#### Elbow Flexion & Extension

(as often as you can)

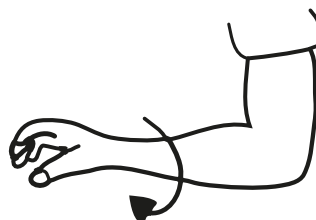
- Bend your elbow as far as you can.
- Straighten your arm as far as you can.



#### Forearm Exercises

(do as often as you can but keep your elbow into your side)

- Turn your palm to face up towards the ceiling.
- Turn your palm downwards.



**Fracture Clinic**  
**Physiotherapy Department**  
**01392 402267**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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