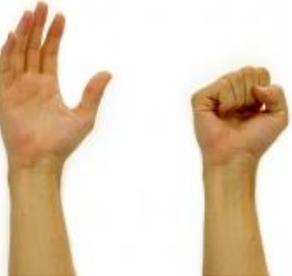
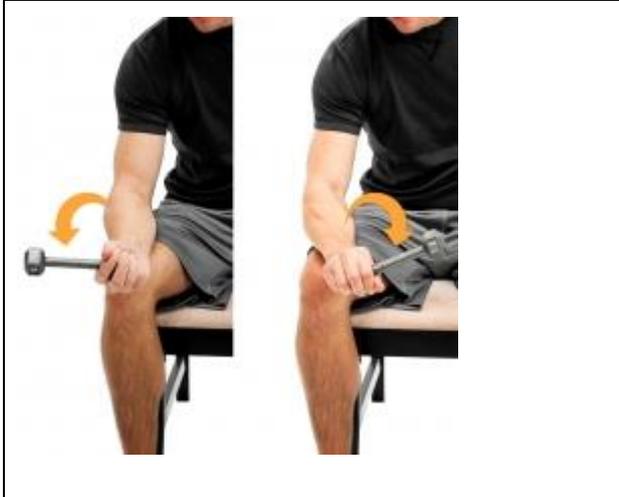


Physiotherapy Advice Following Elbow Fracture

- Following your elbow fracture you should carry out the below exercise 3 times per day
- Wean from sling as able when you have been instructed by your consultant – allow your arm to ‘swing’ as you walk
- Avoid holding arm across body. If resting e.g. sitting, vary your arm position often
- Following injury, a degree of discomfort is to be expected. However, it is important to begin moving your arm as soon as possible to a) prevent stiffness & potential complications, such as frozen shoulder b) return to normal function as soon as possible.
- Ensure you have adequate pain relief, speak to your GP or Pharmacist if you have a lot of pain and are unable to carry out your exercise
- After a fracture avoid anti-inflammatory medication, this can slow down fracture healing
- Ice and massage to the area can help with swelling
- Heat can also help reduce pain i.e. hot water bottle wrapped in towel, this is especially useful prior to exercise
- Ensure you have a good diet with Vitamin D and calcium as this can promote bone healing
- Smoking can slow rate of healing, therefore it is recommended if you smoke to stop.

	<p>ELBOW FLEXION & EXTENSION</p> <p>Bend your elbow upwards as shown and then lower to a straighten position.</p> <p>X 10 Reps</p>
	<p>WRIST SUPINATION - NEUTRAL TO SUPINATED</p> <p>Start with the palm of your hand pointing to the side and then rotate your hand and forearm so that the palm of your hand points upward. Return to starting position and repeat.</p> <p>Keep your elbow bent and by the side of your body.</p> <p>X 10 Reps</p>

	<p>HAND PUMPS- help reduce swelling</p> <p>Hold your hand up as shown. Open and close your hand into a fist and repeat. If you cannot make a full fist, then make a partial fist. This can help with reducing swelling and stiffness.</p> <p>X 10 Reps</p>
	<p>ELBOW FLEXION EXTENSION - SUPINE</p> <p>While lying on your back, rest your elbow on a small rolled up towel. Next, bend at your elbow and then lower back down and repeat.</p> <p>X 10 Reps</p>
	<p>ELBOW FLEXION STRETCH</p> <p>Place your elbow on a table and use your other hand to bend it into a more bent position. Hold 10 seconds</p> <p>X 10 Reps</p>
	<p>ELBOW EXTENSION STRETCH</p> <p>Place your elbow on the edge of a table and use your other hand to press it into a more straightened position. Hold 10 seconds</p> <p>X10 Reps</p>

	<p>GENTLE WEIGHT-BEARING ON TABLE- AFTER 8 WEEKS</p> <p>Place both hands on a table as shown and gently lean forward until a stretch is felt. Try and straighten your elbow at same time.</p> <p>Hold 10-20seconds</p> <p>X 3 Reps</p>
	<p>BICEP CURLS- AFTER 8 WEEKS</p> <p>With your arm at your side, draw up your hand by bending at the elbow holding a small weight, you can start with tin beans/ bottle water.</p> <p>Keep your palm face up the entire time.</p> <p>X 10-20 Reps</p>
	<p>FREE WEIGHT SUPINATION AND PRONATION- AFTER 8 WEEKS</p> <p>Rest your forearm on your knee or a table. Next, while holding the end of a small weight, slowly lower the weight towards the outside and then rotate your forearm towards the inside of your body as shown.</p> <p>Keep your palm face up the entire time.</p> <p>X 10-20 Reps</p>