Early exercises following elbow surgery

Information for patients

This leaflet gives you information about exercises that you should complete whilst you are immobilised in a sling following your elbow surgery. It is essential that these are performed regularly, approximately 4 times per day.

Whilst wearing your sling it is important to be aware of your posture. A good posture is essential for recovery and to avoid placing abnormal stresses and strains on the surrounding tissues and joints.



Achieving a neutral position of your shoulder blades regularly throughout the day will be helpful and can be performed with your arm in the sling.

To do this move your shoulder blades back and down to, what is known as, the neutral position. Maintain this position whilst you are doing your exercises.





Neck Exercises

Your neck exercises can be performed whilst wearing your sling. Each exercise should be repeated 5-10 times.



Turn your head to look over one shoulder

Turn to look over other shoulder.



Tilt your head to the side so that your ear lowers towards your shoulder, try not to lift your shoulder to meet it.



Tilt your head backwards to look up towards the ceiling.



Tilt your head forwards to look down towards the floor.



Tuck your chin in, giving yourself a double chin, without looking down.

Shoulder Exercises

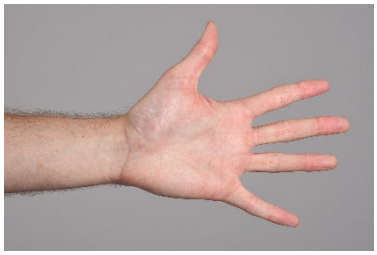


Lying on your back, support your affected arm using your 'good' arm. Gently raise both arms up and overhead.

Elbow/hand/wrist exercises

When completing your hand, wrist and elbow exercises, you may take your arm out of the sling but ensure you support your elbow. Repeat all exercises 5-10 times.





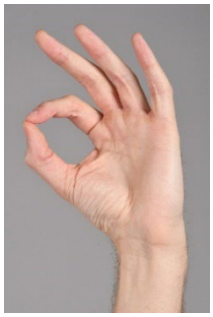
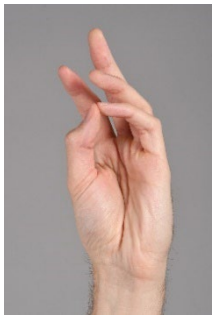
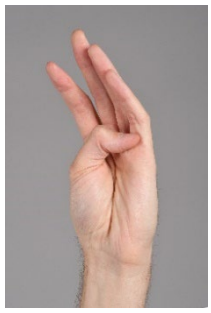
Bring your fingers in to your palm to make a fist, then stretch them out.




Bend your wrist forwards and then backwards.




Bring your wrist towards your little finger and then your thumb.

Touch your thumb to the tip of each finger and try to slide it down the finger to the base.




Turn your palm to face upwards and then face your palm towards the floor.

Follow up

Physiotherapy outpatient follow-up will be arranged for you. This is usually around 2-4 weeks after your surgery. This may differ depending on the specific surgery you have had, and the instructions given by your surgeon. Physiotherapy will be provided at a location that best suits your needs.