

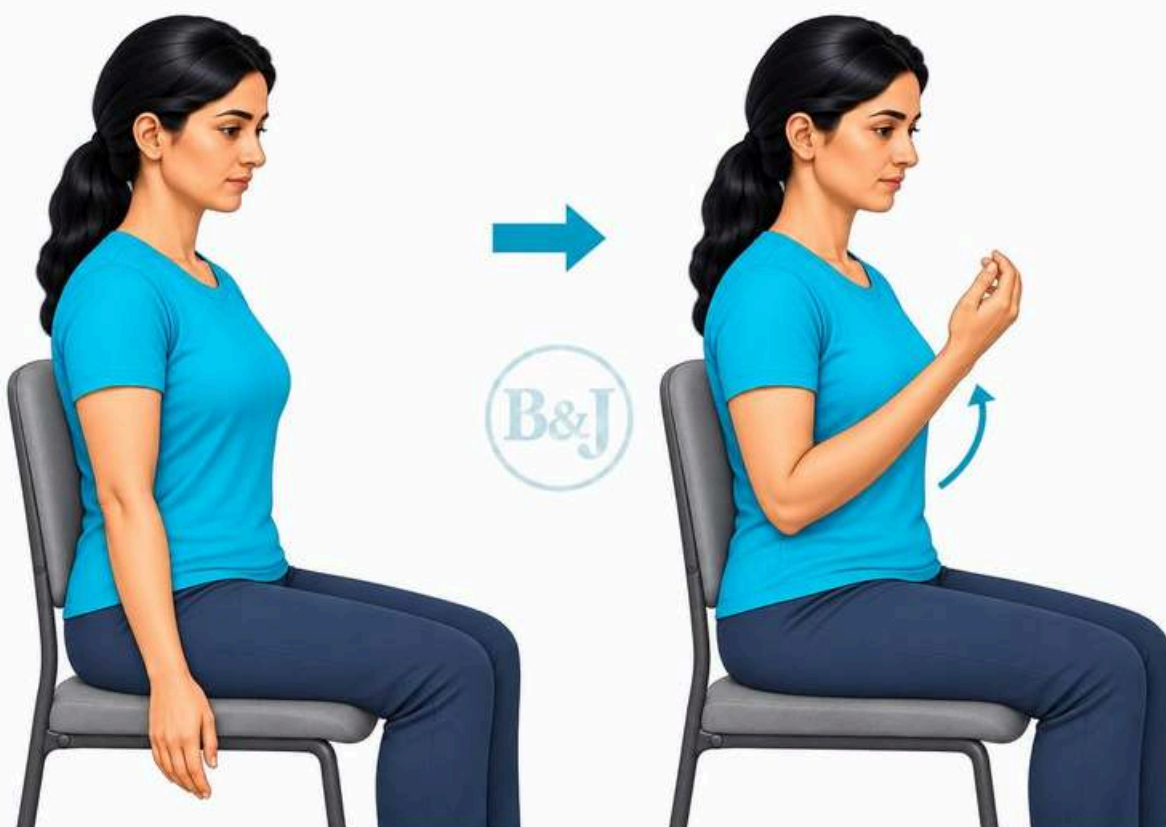
Elbow movement exercises

Stiff elbow after an injury



How to use this sheet. Move the elbow gently and often: a few minutes several times a day does more than one long session. A firm stretch is right; sharp pain is not. If we gave you a stretching splint, wear it as we showed you. Do not let anyone, including a bone setter, massage, pull or force the elbow straight — this can make it stiffer for good.

1 Elbow bend and straighten



Sit with the arm by your side. Bend the elbow slowly as far as it goes, bringing the hand up, then straighten it fully.

10 times

4 times a day

✓ **Should feel**

A gentle stretch at the front or back of the

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✗ **Should not feel**

Sharp pain

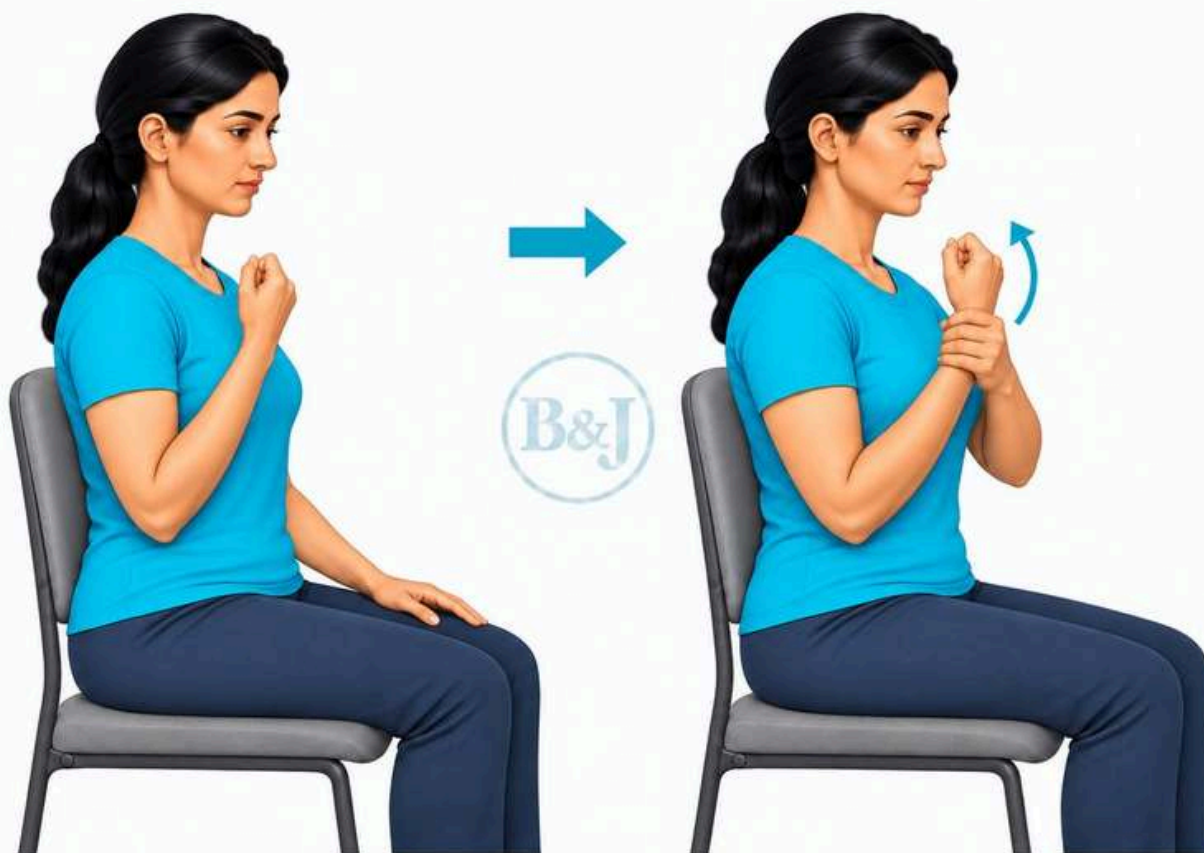
Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

2

Elbow bend with help



Sit with the stiff arm by your side. Bend the elbow as far as it goes, then use the other hand at the wrist to help it a little further. Hold, then relax.

Hold 20 seconds

5 times

3 times a day

✓ **Should feel**

A firm stretch at the back of the elbow

✗ **Should not feel**

Sharp pain, or tingling in the little finger



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3

Resting elbow straightening



Lie on your back with the upper arm of the stiff side on the bed, a folded towel just above the elbow, palm up. Let the forearm sink slowly towards the bed so the elbow straightens, and rest there. Holding a small water bottle adds a gentle stretch.

2 minutes

3 times a day

✓ **Should feel**

A slow stretch at the front of the elbow

✗ **Should not feel**

Sharp pain, or tingling in the fingers



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4

Forearm rotation



Elbow tucked in, turn the palm up and down slowly.

10 times

3 times a day

✓ **Should feel**
Free movement

✗ **Should not feel**
Clicking with pain



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5

Composite fist



Make a full fist slowly, then open fully.

10 times

3 times a day

✓ **Should feel**
Full movement

✗ **Should not feel**
Catching that hurts

Stop and telephone us if

- New numbness or tingling in the hand, especially the ring and little fingers, or the hand becomes weak
- The elbow locks, catches or feels as if it gives way
- The pain is getting worse, not better, after two weeks
- The elbow swells up, or you feel unwell or feverish



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