

PATIENT INFORMATION

Elbow Exercises

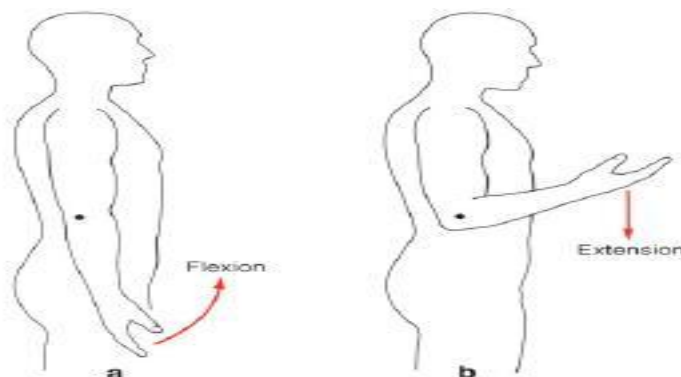
Advice for patients, relatives and carers

Elbow exercises

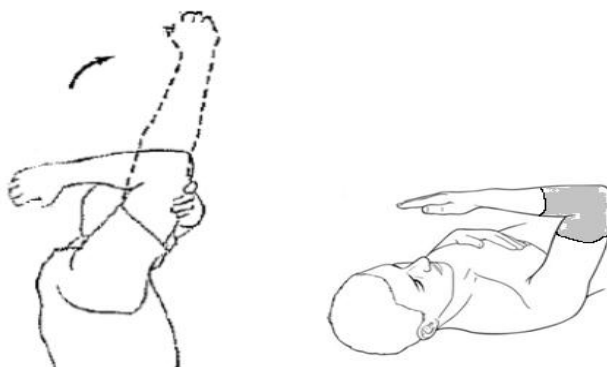
It is important to get your elbow moving quickly after injury to prevent the joint becoming stiff. You should feel a gentle stretch with each exercise but do not force any of these exercises.

Try to get a little more movement each time.

1. Bend the elbow slowly, bringing your hand towards your face. You may support the weight of your arm by using your other hand. You can also increase the stretch by adding gentle pressure against your arm.



2. Straighten your elbow as much as possible. Where possible try to do this exercise with your elbow overhead.



3. Rotate your forearm. It is also important to continue to rotate your forearm. Bend your elbow and tuck it into your side. It is important to keep the contact between your elbow and your body during the movement. Do not let your elbow move away from your side or swing across your body. Gently turn your palm up towards the ceiling and then turn your palm down towards the floor. Try and go as far as possible in each direction.



**If your pain gets worse or lasts more than 6 weeks, or you are concerned about your injury please contact us on:
01803 655136 (Monday-Friday 0900-1600)**

There are plenty of advice videos that can be found on the web page below:

www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/

If there is no improvement after 2 weeks, then you can self-refer into physiotherapy for assessment and advice.

[To refer yourself for Physiotherapy](#)

Please Call: 0300 456 9987 (local rate)

Monday-Friday 08:30 – 12:00 noon (excluding bank holidays)

Or visit: www.torbayandsouthdevon.nhs.uk/physiopkb

All initial physiotherapy consultations are a video call appointment with an Enhanced Clinical Practice (ECP) Physiotherapist.

There are a limited number of initial face-to-face appointments for patients without technology but the waits for these may be longer.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.