



Booking Office: 0191 4452643
(lines open 08:00 to 20:00)

Musculoskeletal Physiotherapy

Information for patients

Elbow Joint Injury

Remember

Never force the elbow in an attempt to increase movement.
All exercises should be performed without pain.

- If you have recently injured your elbow you may have pain, swelling or loss of movement as a result.
- Any period of prolonged rest or immobilisation may also cause stiffness, swelling and weakness.
- Ice packs can be useful to relieve both pain and swelling (see end of sheet)
- Try to sit with elbow supported on a pillow preferably elevated to shoulder height. This will help relieve swelling.
- A sling or tubi-grip may be required to give support; however, this should not be used for too long after the injury.
- Soft tissue injuries usually get better within two – six weeks.
- Exercising little and often will help speed up your recovery.

How often should I exercise?

- Try to exercise about 3 times a day.
- Be guided by your pain.

Stop these exercises if you feel they are:

- Making your symptoms worse
 - Bringing on new pain.
-



Bend and straighten your elbow as far as possible without it hurting.

Hold stretch for up to 5 seconds.

With your free hand apply gentle downward pressure onto the shoulder, when straightening the elbow.

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Keep your elbow by your side and bent at a right angle. Turn the palm of your hand towards the floor and then to the ceiling.

Hold each stretch for up to 5 seconds.

Repeat up to 10 times.



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To prevent shoulder stiffness, lift your arm above your head.

Repeat up to 10 times.



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Place your forearm on a table. Gently stretch back the wrist until you feel the stretching at the inside of the forearm. Keep your elbow straight. Gently assist the movement with your other hand.

Hold for up to 5 seconds.

Repeat up to 10 times.



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Place your forearm on a table with your hand over the edge and palm facing down. Let your hand drop down. Gently assist the movement with your other hand.

Hold for up to 5 seconds.

Repeat up to 10 times.

Ice Packs

- Ice is most effective when used during the first five – seven days of injury.
- It must be used correctly to avoid ice burns.
- Dampen a flannel, place over painful elbow.
- Use crushed ice in a plastic bag or a bag of frozen peas.
- Place over flannel.
- Leave ice pack on for 10 - 20 minutes (checking the skin condition every five minutes)
- This can be repeated up to every two hours.



For further information

Please ring our Booking Office on **0191 4452643** or visit our website at: **www.tims.nhs.uk** which provides online guidance and support on managing your musculoskeletal (MSK) condition effectively.

The NHS website also provides trusted online information and guidance on all aspects of health and healthcare to help you manage your condition and/or inform your choices about your health: **www.nhs.uk**

Feedback

We also welcome feedback from patients about their experiences with our service and this can be done through our patient advice and liaison (PALS) team on **0800 032 0202** or **northoftynepals@nhct.nhs.uk**

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Tyneside Integrated Musculoskeletal Service

TIMS is a partnership between Newcastle upon Tyne Hospitals NHS Foundation Trust and Gateshead Health NHS Foundation Trust