

## Early Elbow Rehabilitation Day 1-14 - DISTAL BICEPS REPAIR

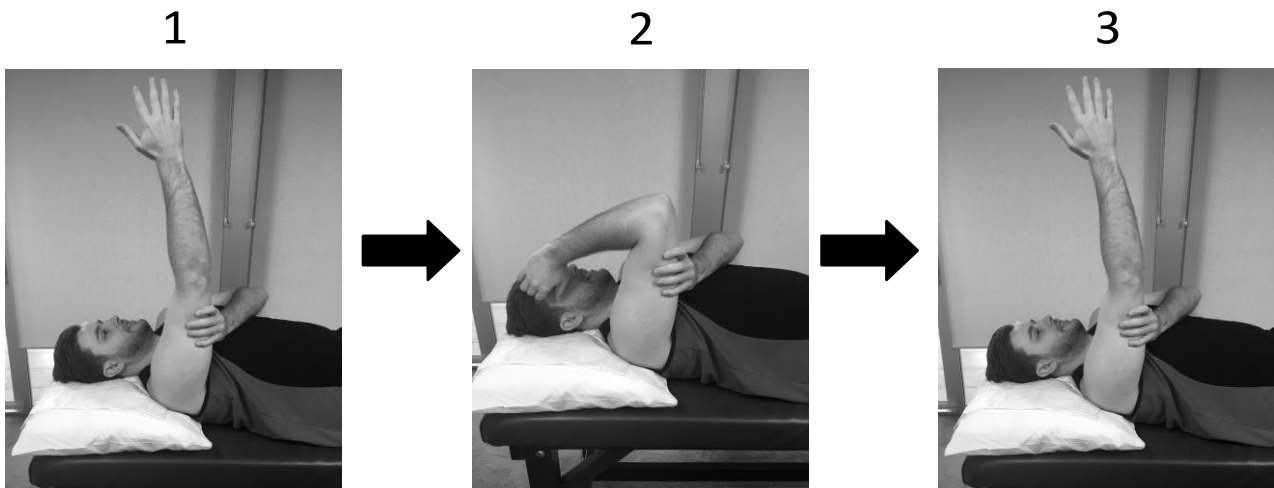
DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

After elbow surgery, it is important to commence movement immediately, within pain limits. Your pain will determine the range of movement you will be able to achieve, and this will improve over time. Do not push through the pain barrier. However gentle exercise is a good form of pain relief.

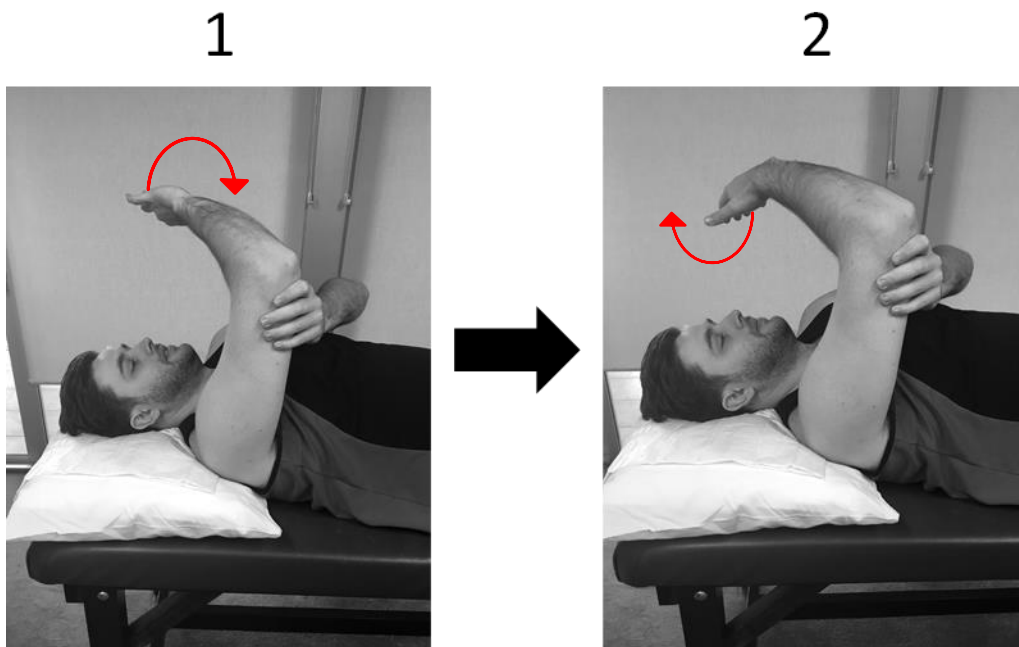
- Take painkillers regularly as per your discharge prescription
- Ice may be used (wrapped in a cloth **NOT APPLIED DIRECTLY TO THE SKIN**) for 20 minutes every 2 hours in the first 2 weeks.
- Sometimes the elbow is placed in a splint for a few days. If this is the case just do the shoulder wrist + hand exercises
- Wear the sling for comfort as needed.

### Overhead Elbow Exercises: Do 10 of each of these **TWICE PER DAY**

- 1) Take your arm out of your sling, and lie on your back with your arm upright, as straight as possible. From this position, bend your elbow so that your hand moves towards your head, hold it there briefly and then straighten your elbow so that your hand moves up towards the ceiling. (**MAXIMUM STRAIGHTENING IS TO 45 DEGREES – HALFWAY BETWEEN PICTURE 2 AND PICTURE 3**),

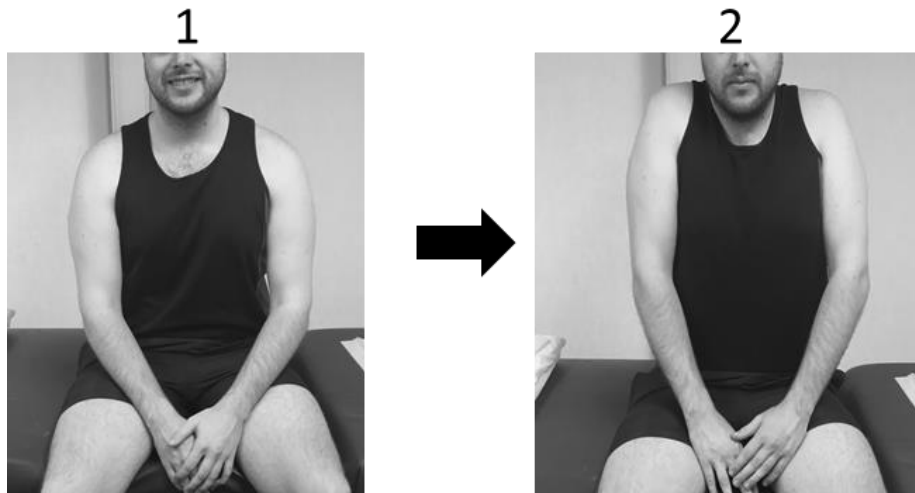


- 2) While on your back with your elbow in the bent (flexed) position roll your forearm to face your palm up to the ceiling, then over to turn your palm down to the floor. **AIM FOR A MAXIMUM OF 50% OF NORMAL RANGE IN EACH DIRECTION.**



**Shoulder Exercises: Do 10 of each 3 x PER DAY**

1) Shrug your shoulders and roll them backwards and downwards, pulling your shoulder blades together. Hold 5 seconds  
Be aware of your shoulder position through the day, and try to keep your body symmetrical: do not let your shoulders droop forward



2) Hand and wrist: gently bend and straighten your wrist as if waving goodbye



3) Make a fist, then stretch all your fingers out straight



All these exercises can be done while wearing your sling