

Early Elbow Rehabilitation Day 1-14 – DISTAL TRICEPS

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.
- The elbow is placed in a splint
- Just do the shoulder wrist + hand exercises 3-5 x per days
- Wear the sling for comfort as needed.

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

1



2



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

1



2



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

1



2



All these exercises can be done while wearing your sling