Plaster Room:
Elbow Exercises
Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.
For fractured elbow - post surgery, strain or sprain…

To Increase movement: Exercises 1 a & b, 4 & 5

To increase strength:
Exercises 2 and 3 and gradually use small weights (ie: small can of soup)

Do these exercises 20 times each, 5 times per day.

The stiffer the joint, the more frequently it should be moved.

1. Assisted Exercises:
   a. Clasp both hands together and bend your elbows trying to touch your chin. Then, straighten your elbows out reaching as far forward as possible.
b. Clasp both hands together and touch your nose and then reach up towards the ceiling.

2. While lying or sitting bend your elbow, trying to touch your shoulder with your fingers. Then straighten your elbow while trying to keep your shoulder from moving.
3. While lying or sitting, lift your shoulder up so that your elbow is pointing towards the ceiling. Support your upper arm with the other hand to hold it steady. Straighten your elbow so that your hand is pointing to the ceiling and back down.

4. Passive stretch: Support your upper arm on a chair back or bed with your elbow over the edge. Let your elbow straighten as much as possible and hold the stretch for 3-4 minutes.
5. Forearm: With your elbow bent at 90° and tucked in to your side, turn your forearm so that your palm faces up to the ceiling and then turn it so you’re your palm faces down to the floor. Repeat.