



# Postoperative Management of Elbow Fractures

## Elbow & Forearm Home Exercise Program

Your doctor may have specific instructions for pin care and home exercises for your elbow and forearm. Always follow your doctor's instructions. Some pain and discomfort is normal as you carry out these exercises, particularly in the first few days after the injury or cast removal. If your pain is greater than expected, you should always consult your physician.

**PIN CARE:** Keep the pin site covered for two days. Then remove the bandage and let the skin heal on its own.

**INSTRUCTIONS:** Do each exercise 10 times.  
Hold each position for 5-10 counts.  
Repeat 3-5 times a day.

*Use your uninjured arm to assist with moving your injured arm. Start using your injured arm for all activities throughout the day and keep doing exercises to make it stronger!*

### 1. ACTIVE ELBOW FLEXION

Keep your upper arm by your side close to your body. Bend your elbow and try to touch your shoulder with your thumb. Try to keep your wrist straight. You can use your other hand to support your injured arm by placing your hand on your forearm near the wrist.



### 2. ACTIVE ELBOW EXTENSION

Stand against a wall. Keep your upper arm by your side close to your body. Straighten your elbow and try to touch the wall behind you with your pinky finger.



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### 3. PLACE AND HOLD ELBOW EXTENSION

Sitting close to a table, place a few pillows under your upper arm. Try and straighten your elbow as much as possible. You can use your uninjured hand to help straighten your elbow by giving a stretch on your forearm near the wrist.



### 4. FOREARM ROTATION- PALM UP

Hold your elbow bent at 90 degrees and close to your side. Turn your palm up towards the ceiling while keeping your elbow at your side. If you can not turn it all the way up, use your uninjured hand to help turn your palm up.



### 5. FOREARM ROTATION- PALM DOWN

Hold your elbow bent at 90 degrees and close to your side. Turn your palm down towards the floor while keeping your elbow at your side. If you can not turn it all the way down, use your uninjured hand to help turn your palm down.

