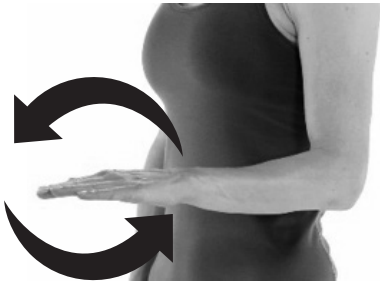


## Elbow Fracture Exercises

### Range of Motion and Stretching Exercises – Elbow Fracture (Distal Humerus)

These are some of the **initial** exercises to start your rehabilitation program after Dr. Weber states that you may begin moving your elbow. Continue these until you see Dr. Weber, your physical therapist or athletic trainer or until your symptoms are resolved. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities
- Each stretch should be held for 20 to 30 seconds
- A **gentle** stretching sensation should be felt



#### Range of Motion – Pronation

*Keep your elbow tucked at your side*

1. Stand or sit with your elbow bent to 90 degrees
2. Turn your palm down toward the floor as far as possible
3. Hold this position for 10 seconds and then slowly return to the starting position
4. Repeat exercise 20 times, six times per day



#### Range of Motion – Supination

1. Stand or sit with your elbow bent to 90 degrees
2. Turn your palm upward as far as possible
3. Hold this position for 10 seconds and then slowly return to the starting position
4. Repeat exercise 20 times, six times per day



#### Range of Motion – Pronation

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing up toward the ceiling
2. Hold a 16 ounce hammer or a stick with a weight on the end in your hand as shown
3. Turn your palm and hand toward you to a “thumbs up” position
4. Hold this position for 10 seconds and then slowly return to the starting position
5. Repeat exercises 20 times, six times per day



### **Range of Motion – Supination**

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a 16 ounce hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up position
4. Hold your position for 10 seconds and then slowly return to the starting position
5. Repeat exercise 20 times, six times per day