

## Elbow dislocation

Elbow 3

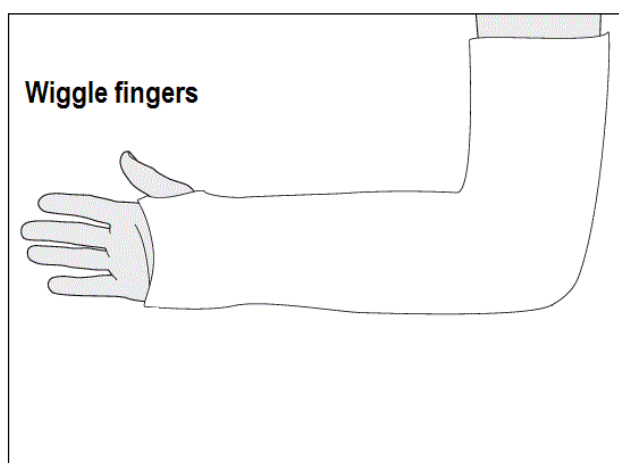
### Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500  
Fracture clinic and orthopaedic outpatient appointments:  
Eastbourne 0300 131 4788  
Conquest 0300 131 4861  
Casting Department: Eastbourne 0300 131 5564  
Casting Department: Conquest 0300 131 4860

This information explains the ongoing management of your injury.

**You have sustained a dislocation to your elbow (plus an associated fracture if mentioned).** You will have been placed in a temporary backslab (plaster) in A&E and given a sling. It is important that you make sure you can always wiggle your fingers whilst in this plaster and that you have full sensation to your fingers. If at any time you lose sensation or movement of your fingers you should immediately return to A&E to have the plaster checked. This injury normally takes approximately 6 weeks to heal. Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

### Picture of injury (example of left elbow)



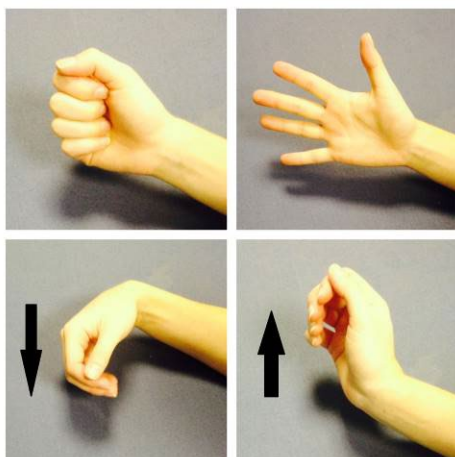
If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone number at the top of this leaflet.

You will receive an appointment for fracture clinic where they will remove the temporary cast and examine your elbow. Depending on this examination you may be fitted in another cast or brace and you may need further x-rays. The specialist will talk you through the next stage of your rehabilitation.

### Please follow the Management / Rehabilitation plan shown below:

Weeks since injury	Rehabilitation plan
<b>0-2</b>	Keep the arm elevated in the sling or on pillows if more comfortable. Do the circulation exercises show below. You will be seen in fracture clinic 1 – 2 weeks after your injury.
<b>2-6</b>	The Specialist will give you advice for the next phase of your rehabilitation at your follow up appointment.

## Initial exercises to be done 5 – 6 times each day



### Finger and wrist flexion and extension

Begin this exercise by opening and closing your hand as shown, then moving your wrist up and down approximately 10-15 times

Progress to holding a soft ball / ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times if there is no increase in pain.

## Exercises in the future (if advised at fracture clinic)

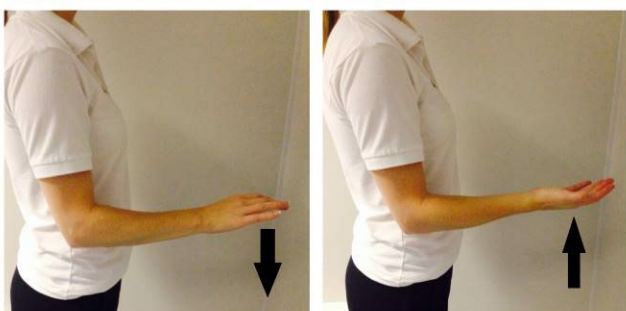
You will be advised at your fracture clinic appointment when it will be appropriate to start the exercises below – Repeat the exercises 5 – 6 times each day.



### Elbow Bend to Straighten

Gently bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary.

Repeat 10 - 15 times if there is no increase in pain.



### Forearm Rotations

Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary.

Repeat 10 - 15 times if there is no increase in pain.

## Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust. Information been updated during the COVID-19 pandemic to ensure that patients with injuries have information, support and care despite social distancing.

## Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

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## Reference

Thank you to the Brighton and Sussex University Hospitals NHS Trust to Kate Weatherly and Helen Harper-Smith, Specialist Orthopaedic Physiotherapists, who wrote the first version.

**This leaflet can be found at: [www.esht.nhs.uk/leaflet/elbow-dislocation/](http://www.esht.nhs.uk/leaflet/elbow-dislocation/)**

The following clinicians have been consulted and agreed this patient information:

Mr Guy Selmon – Consultant Orthopaedic Surgeon  
Mr Andrew Skyrme – Consultant Orthopaedic Surgeon  
Prof Scarlett McNally - Consultant Orthopaedic Surgeon  
Miss Miranda Champion - Consultant Orthopaedic Surgeon  
Helen Harper-Smith – Professional Lead Physiotherapist  
Hilary Kircher – Clinical / Operational Lead Outpatient Physiotherapist

The Clinical Specialty/Unit that have agreed this patient information leaflet:  
Department of Trauma and Orthopaedics

Next review date: January 2027  
Responsible clinician/author: Helen Harper-Smith - Professional Lead Physiotherapist  
Prof Scarlett McNally – Consultant Orthopaedic Surgeon

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