

## Elbow Soft Tissue Injury

Elbow 7

### 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 leaflet explains the ongoing management of your injury.

**You have sustained a soft tissue injury (sprain) to your elbow.** This normally takes up to 6 weeks to heal. You may use the arm in the meantime and indeed it is important to keep the elbow moving to prevent stiffness. Take pain killers as required. Use the sling (if provided) for comfort only, and try to wean out of this as soon as possible'. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please contact the Fracture Care Team for advice.

We do not routinely follow up patients with this type of injury. **If after six weeks** you are still experiencing pain and swelling then please do not hesitate to contact us for a further consultation.

**Or**, 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 or e-mail details at the top of this leaflet.

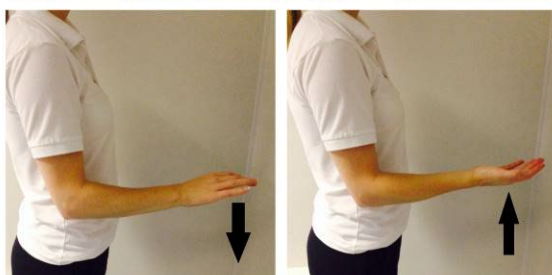
### Exercises to be done 5 - 6 times a day



#### 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.

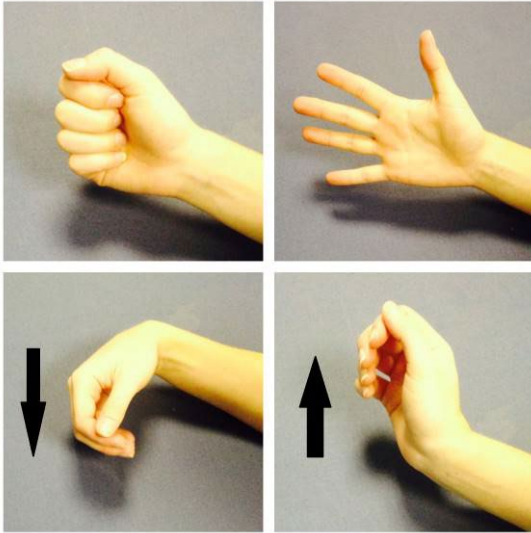
Repeat 10 - 15 times if there is no increase in pain.



#### 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.



**Finger and wrist flexion and extension**

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball / ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.

**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 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 – Tel: 0300 131 4500 4784 (Direct Dial) or by email at: [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 the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [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 and to Kate Weatherly, Specialist Orthopaedic Physiotherapist for the first version.

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

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

Mr Guy Selmon – 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: May 2025  
Responsible clinician/author: Helen Harper-Smith – Professional Lead Physiotherapist  
Prof Scarlett McNally – Consultant Orthopaedic Surgeon

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