

**MERCY URGENT CARE CENTRE**

ST. Mary's Health Campus, Bakers Road, Gurrabraher, Cork T23YV52

Tel: +353 (21) 4926900 / 4926901

Fax: +353 (21) 4248114



**PIL -Elbow Injury Advice**



In the early stages after an injury to the elbow it is important to rest and support your elbow. You may be provided with a collar and cuff to wear for a few days.

- **Ice** is very effective in the first 72 hours after an acute injury. You should ice the injured area every 2-3 hours for 10-15 minutes (wet a towel with cold water and wrap crushed ice or a bag of frozen vegetables). You can still use ice for pain relief after this time period if it gives you relief.
- It is very important to keep your shoulder, neck, wrist and hand **moving** after you have had an elbow injury so that they do not stiffen up.
- You should take **pain killers** such as paracetamol or topical gels to help the pain and inflammation.
- If you have been given a **compression** bandage you must remove it at night.

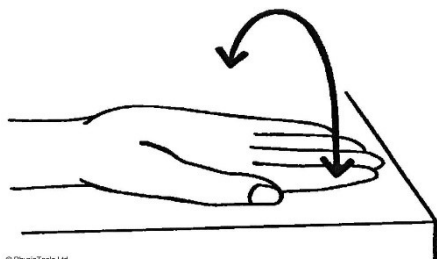
**The following exercises should be performed 3 times each day:**

**Days 1-4 after your injury**

It is important to start gently moving the wrist and hand as early as you can after the injury **as your pain allows.**

<p>1. Slowly bend your elbow up as far as you can, you can use your other hand to help. Hold in the flexed position for 5 seconds. Repeat 10 times.</p> 	<p>2. Slowly straighten your elbow as far as you can, you can use your other hand to help straighten it further. Hold 5 seconds and repeat 10 times.</p> 
<p><b><u>Day 4 onwards</u></b> Continue to do the gentle movement exercises and as well as adding the following exercises:</p>	

3. Tuck your elbow in firmly by your side. Turn your palm to the ceiling and then to the floor. Repeat 10 times.



4. Stand leaning on a table with straight arms, palms against a table and fingers turned backwards. Lean backwards until you feel a small stretch on the inside of your forearms. Hold 10 seconds and repeat 5 times.



5. Holding a small bottle (half full of water) or a light weight and support your elbow with your other hand. Bend and straighten your elbow slowly. Repeat 10 times.



6. Standing with your hands up against a wall and your elbows straight. Do push-ups against the wall keeping your body straight. Repeat 10 times.



It may take 3-6 weeks before your elbow feels back to normal. You should not return to sport until you feel confident in your playing ability.

If you require further information regarding your injury, please contact your GP, physiotherapist or the Mercy Injury Unit.

**The Mercy Injury Unit – Gurrabraher  
is open:  
8 am to 6 pm Monday – Sunday.  
Telephone: (021) 4926900 or (021) 4926901.**