This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.
Information for Patients

This is a follow-up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

You have sustained a soft tissue injury (sprain) to your elbow.

This normally takes up to six weeks to heal.

During this period, it is important that you follow the exercises on the following page to help to prevent further injury and help to improve your function. You may use the arm in the meantime; it is important to keep the elbow moving to prevent stiffness. Take pain killers as prescribed. Use the sling (if provided) for comfort only, and try to wean out of this as soon as possible.

You can return to driving once your sling has been removed and you feel confident in safely controlling your vehicle.

If you are worried that you are unable to follow the rehabilitation plan, you are still experiencing pain and swelling after six weeks, or if you have any questions, then please contact us for advice using the contact details on the back of this booklet.

Smoking cessation

Medical evidence suggests that smoking prolongs healing times. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your injury will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: http://smokefree.nhs.uk or discuss this with your GP.

Exercises — Stage 1 Exercises (3 to 4 times per day)

Elbow bend & straighten

Bend and straighten the elbow of your injured arm so you feel a mild to moderate stretch.

You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.
**Forearm rotations**

Rest the elbow of your injured arm by your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.

**Wrist flexion and extension**

Move your wrist up and down.

Repeat 10 times 10 times.

**Finger flexion and extension**

Open and close your hand of your injured arm as shown 10 times.

After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for five seconds.

Repeat 10 times.
Contact Information

Patient Advice and Liaison Service (PALS): 0151 430 1376

Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 0151 430 1403 (9 am-5pm Monday to Friday)

Emergency Department: 0151 430 2399

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

www.sthk.nhs.uk