



You have a

## Soft tissue elbow injury

This is a sprain to the elbow.

### Healing:

It normally takes six weeks for this injury to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) for more information.

### Pain and Swelling

Your elbow may be swollen and you will have some pain. Taking pain medication and using ice or cold packs will help. More information is on the next page.

### Wearing your sling:

The sling, if provided, is for comfort only. Try to stop using it as soon as possible.

### Exercise and activity:

Elbows get stiff very quickly. It is important to start exercising as soon as possible. You will find pictures and instructions for your exercises on the next page.

You should avoid lifting anything more than the weight of a cup of tea for the first six weeks. You can do light activities when your pain has settled.

### Follow up:

A follow up appointment is not normally needed for this injury. Please contact the Virtual Fracture Clinic if you are still experiencing pain and swelling after six weeks.

### Any questions:

If you are concerned about your symptoms, are unable to follow this rehabilitation plan or notice pain other than at your elbow, please contact the Virtual Fracture Clinic.



## Caring for your injury: Week 1-6

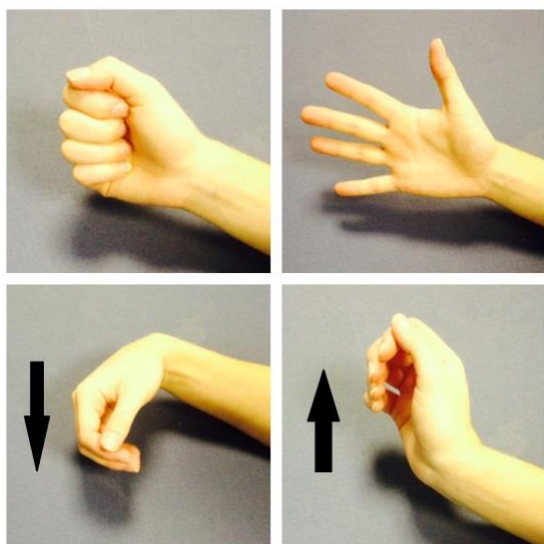
**Try to stop using your sling as soon as possible.** Take it off regularly for your exercises.

**Using a cold pack will help with your pain and swelling.** You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your elbow for 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

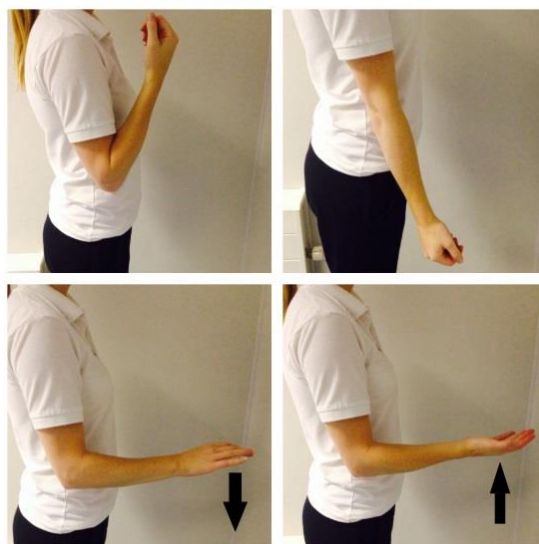
**Try to rest your elbow,** especially in the first 24-72 hours.

### Exercises

Regular exercise will prevent stiffness and help to recover movement. Try to do these exercises four to five times a day. Repeat each exercise 10 times.



3. Open and close your hand. Next, move your wrist up and down.
4. After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for five seconds.



1. Bend and straighten your elbow so you feel a mild to moderate stretch. Do not push into pain.
2. Bend your elbow to 90 degrees. Slowly turn your palm up and down until you feel a mild to moderate stretch. Do not push into pain.



## Frequently Asked Questions

**I'm concerned about my symptoms and/or I am struggling to return to exercise.**

Please contact the Virtual Fracture Clinic.

**I am struggling with my sling. What do I do?**

Contact the Virtual Fracture Clinic. We are happy to give further advice or change your sling if needed.

**When can I start driving?**

You can return to driving when:

- You are no longer using a sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

**How can I get a certificate for work?**

You can get a fitness for work statement from your GP.

**How do I contact the Virtual Fracture Clinic?**

Call 020 7288 3310



### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

**Whittington Health NHS Trust**  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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