


# Care for your Elbow

Please adhere to the post-discharge care instructions strictly until you have seen the physiotherapist/doctor in the outpatient clinic. This is to ensure that you have a successful recovery.

Arm	<input type="radio"/> Left <input type="radio"/> Right
Condition/ Surgery	<input type="radio"/> Fracture: _____ <input type="radio"/> Ligament: _____ <input type="radio"/> Others: _____

## Precautions (\*strike off inappropriate and tick those appropriate)

<input type="checkbox"/>	<p>Do not use the arm that had undergone surgery, even for simple activities.</p> 
<input type="checkbox"/>	<p>Take note of the range the brace is supposed to be locked in. Do not adjust the brace without your doctor's or physiotherapist's instruction.</p> <p>Flexion range (bend elbow): Extension range (straighten elbow): Shoulder strap: Yes / No Neutral hand accessory: Yes / No</p>
<input type="checkbox"/>	<p>No weight supporting: Do not lift, push, pull or bear weight through your operated arm.</p>
<input type="checkbox"/>	<p>Your operated arm should always be in the brace during sleep. You may remove the brace for showering, short periods of time like exercise and gentle movement.</p>

Elbow Protection (*strike off inappropriate and tick those appropriate)	
<input type="checkbox"/>	No movement (immobilise): You are not allowed to move the elbow.
<input type="checkbox"/>	Passive movement: You are allowed to move the elbow only with assistance. Otherwise, please do not move the elbow at all.
<input type="checkbox"/>	<p>Active movement:</p> <p>Flexion (bend your elbow): _____ deg</p> <p>Extension (straighten your elbow): _____ deg</p> <p>Supination (palm face up): _____ deg</p> <p>Pronation (palm face down): _____ deg</p> <p>You are allowed to move the elbow within the range of motion set by the medical team.</p>
<input type="checkbox"/>	Movement as tolerated: It is encourage to move the elbow as much as you wish to do.

## What should be expected?

It is common to still experience pain and swelling after surgery and you will be prescribed medication to cope with it. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participate in post-operative exercise.

## How else can I manage my pain?

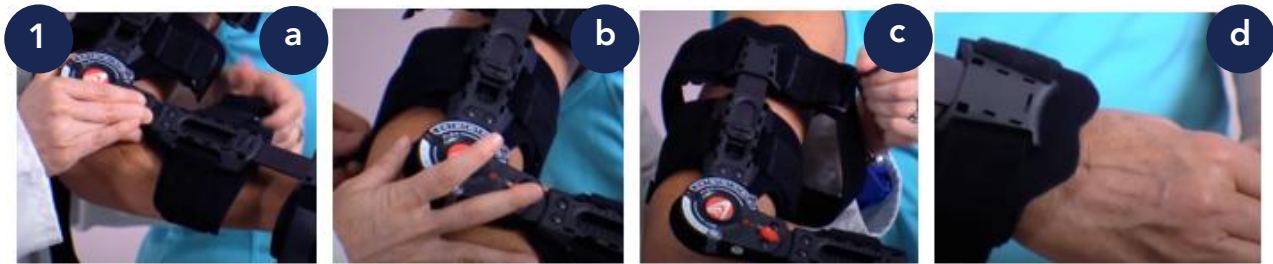
### Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

### Tips to manage at home

- Daily use: Avoid use of your operated arm when showering/changing.
- Sleeping: Sleep on your back OR on your unaffected side, supporting your brace with a bolster to keep your arm elevated.
- Dressing: Wear a button shirt or singlet with wide arm holes.
- Slide the armhole up your operated arm first before sliding your head/unaffected arm into the shirt.
- Showering: To wash under the operated arm, lean your trunk forward and allow the arm to hang down.

## How to wear your Berg elbow brace?



Fasten the straps: start from below the hinge in the following sequence: (a), (b), (c) and (d).

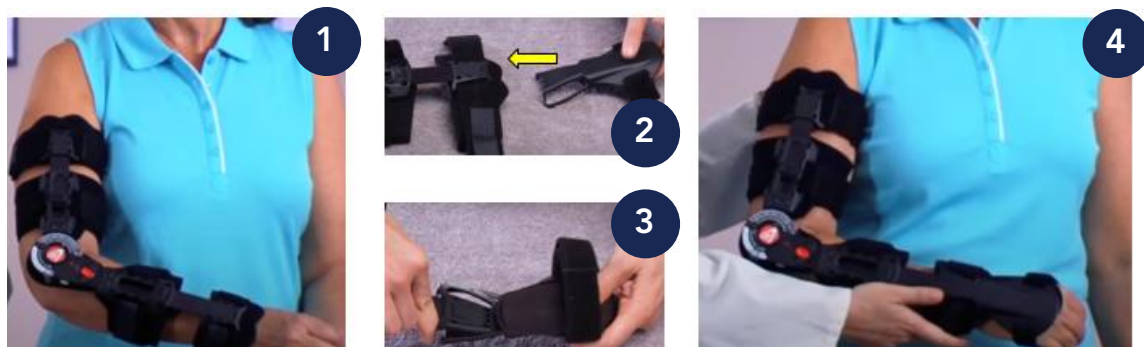


Step 1: Attach one end of the shoulder strap to the upper arm strap, closest to the hinge.

Step 2: From the back, lay the shoulder strap over the opposite shoulder.

Step 3: Attach the opposite end of the shoulder strap to the wrist strap, closest to the hand.

Step 4: Adjust the length of the shoulder strap so that the whole arm feels supported



Images from <https://www.breg.com/products/elbow-wrist-bracing/>

1. The neutral hand accessory prevents you from flipping your palms, necessary only in some situations.
2. Remove the strap from the wrist strap before you can attach the accessory to the brace.
3. Clip the neutral hand accessory to the brace by snapping it together. Replace the strap and wrist pad.
4. Wrap the strap of the neutral hand accessory around the hand.

## **Elbow brace wearing tips and management:**

- You may be prescribed with an elbow cast or brace. Please keep them dry at all times.
- Sit down to wear your brace and support your forearm on the table.
- Keep your elbow bent at the angles that was specified by your doctor (refer to Precautions, above).
- Ensure that your forearm is well supported by tightening the shoulder strap.
- Brace should fit snugly without being too tight. Your elbow should not swing around or feel unsupported.

## **Physiotherapy exercise after surgery**

You will be provided with an individualized exercise sheet to be performed after surgery. Do not do other exercises that are not prescribed by your post-operation physiotherapist/doctor. This is to ensure that you do not do any excessive/unsafe exercises.

## **Attending Physiotherapy after discharge from the hospital:**

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, you can always seek advice from your physiotherapist/doctor during your outpatient appointment. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of February 2024 and subject to revision without prior notice.



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