

EXERCISE PROGRAM FOR PATIENTS TREATED NON-OPERATIVELY

0-2 weeks after injury:

Take a look in the mirror and try to keep good posture, shoulders relaxed.



You need to wear an arm sling or shoulder bandage at all times the first two weeks to prevent movement of the shoulder. The sling can be removed for elbow exercises and hygiene.



Blood-circulation: Open and close your fingers. Squeeze your hand as hard as you can. Move your wrist up and down.



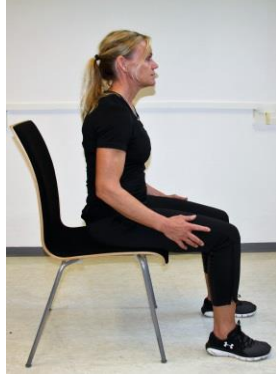
Elevation of the shoulders: Elevate both shoulders at the same time up towards your ears. Move your shoulder blades together and relax to start position.



Elbow flexion: Frequently bend and straighten your elbow with the palm of your hand in the plane against your body. You can assist with your uninjured arm.

After 2 weeks (starting week 3)

You can remove the shoulder bandage. A sling (collar'n cuff) can be used during day-time if needed. 10 repetitions 3-4 times a day is recommended.



Forward flexion: Sit up straight on a chair with the palm of your hands on your thighs. The hand on the injured side may be put between your thighs if this position gives better rest for the arm. Then slowly move the hands against your feet while leaning forward. Relax your head, look at the floor.



Pendulum exercises: Lean forward supporting yourself with your uninjured arm against a table or a chair. Let your injured arm hang down, try to relax. Move forward and backward, side to side or in a circular motion.



Sitting abduction: Sit sideways at a table. Push the elbow (not your hand) toward the middle of the table, supported by the opposite hand. Alternatively, place the chair a bit further away from the table, repeat the exercise. Take your time.



Lifting the arm: Resting supine, supported by a pillow under your injured arm/elbow. The opposite arm assists the injured, elevating it slightly, proceeding until the elbow is elevated beyond shoulder level.



Alternatively, use a stick (or similar) in both hands.



Moving the arm forward: In a sitting position, rest the forearm on a table surface, relax the shoulders and neck. Fold your hands so that the non-injured arm can assist the injured arm to push it gently forward. Alternatively, sit sideways at a table, rest the injured arm on the table and do the same exercise.



Rotation: In a sitting position, rest your arms on a table, keep your injured elbow close into your body. Move your hand and forearm outwards and toward your trunk, assisted by the other hand or grasping a small stick in both hands.



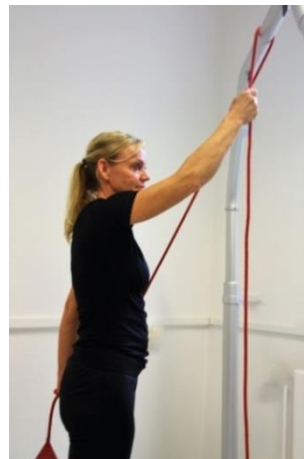
Standing rotation: Stand upright and grab the end of a stick with your injured arm. Use your uninjured arm to push the injured arm up and away from your body in direction of the ceiling.



Standing rotation: Hold the stick with both hands behind your back. Pull the injured arm towards your spine, hold this position for 5 seconds.



Shoulder flexion and rotation: Place your arms on a physio ball with your elbows bent. Slowly roll the ball away from you until your elbows is straight, return back to original position. Roll the ball from one side to another.

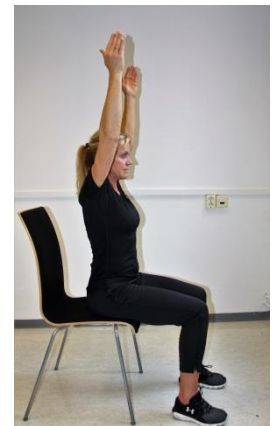


Shoulder pulley: Use a shoulder pulley hooked over the top of a door. Hold the handles in both hands, and pull the handle on your uninjured side down. The injured arm will rise up as far as possible. Slowly return back down.

After 6 weeks (starting week 7):



Active abduction: In a sitting or standing position: Keep your injured elbow bent and lift it up and out to the side. You can do the same with your arm stretched.



Active flexion: In a sitting or standing position: Let your thumb face up and move the arm up as far as you can go, keeping it close beside your body.

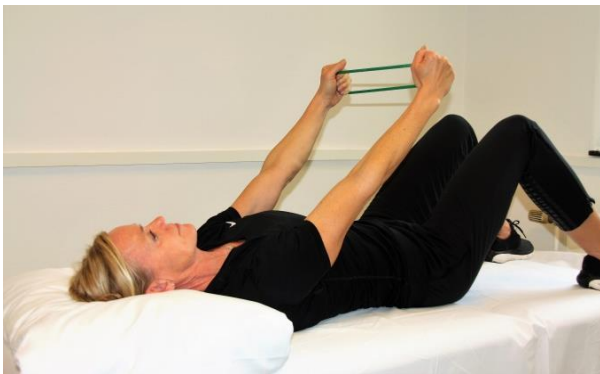


Rotation: In a sitting position with your injured elbow bent, move your forearm outwards. It is important to keep your elbow close by your side.

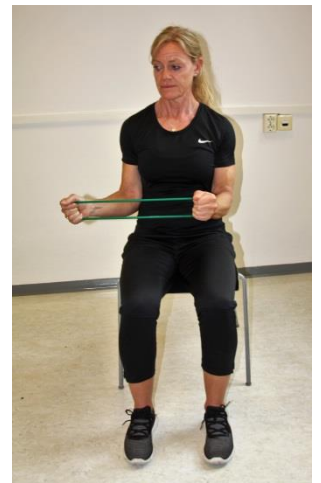
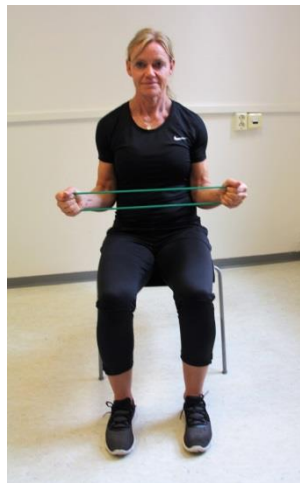
After 8 weeks (starting week 9):



Hand weight: Resting supine, lift your injured arm up overhead, grasping a hand weight or a bottle of water (approx. ½ kg). Move your arm slightly in different directions. Slowly move your arm back.



Rubber band: Hold a rubber band between your hands. Keep your arms parallel as you stretch the band horizontally as far as you can. Keep tension on the band and lift your arms overhead, then return to the start position.



Rotation with a rubber band: In a sitting position: Hold a rubber band between your hands with your elbows bent close to your sides. Keep your injured arm in a steady position, rotate the uninjured underarm outward, hold for five seconds. Progression: Do the exercise the opposite way, moving your injured arm outward.