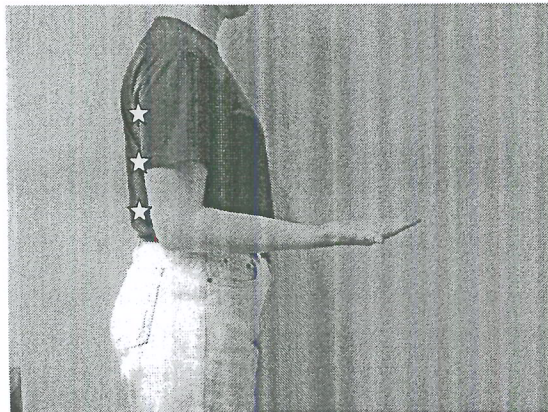


Elbow Exercises - Triceps Deficient Protocol

The **Triceps muscle** runs along the back of your arm from your shoulder to your elbow and straightens your elbow.

Your triceps was moved from your elbow during surgery so you **must not use this muscle to straighten your elbow until your surgeon says you can.**

Only do the exercises in this handout and **do them as shown.** Your physiotherapist will teach you how. Do all exercises **5 times a day.** Perform exercises slowly and steadily. **Do not bounce.**



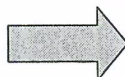
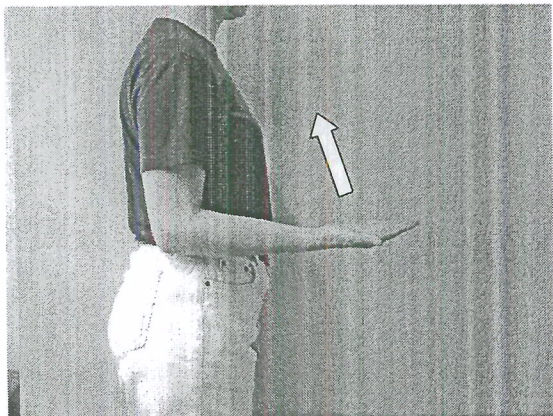
Any questions, contact your physiotherapist.....at 604 806 8744

The information in this document is intended solely for the person to whom it was given by the health care team.

1. Elbow Flexion / Gravity Assisted Extension

Keep your elbow tucked into your side and the **palm of your hand facing up**. Bend your elbow as much as you can.

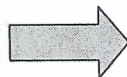
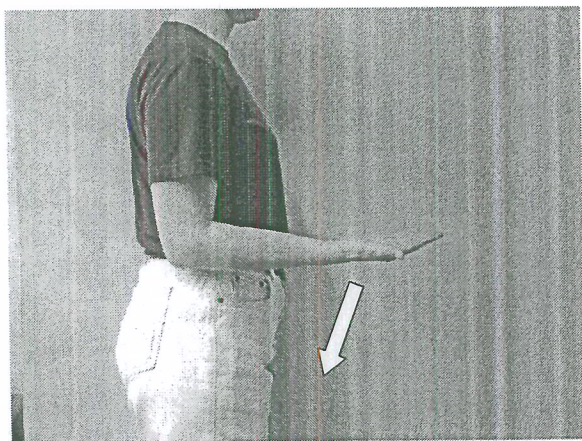
Hold elbow bent for **15 seconds**.



Now, lower your hand **slowly** and **allow** your elbow to straighten as much it can. **Do not force it**. You **must not use your triceps muscle**. In this position **gravity will assist**.

Hold straight for **15 seconds**.

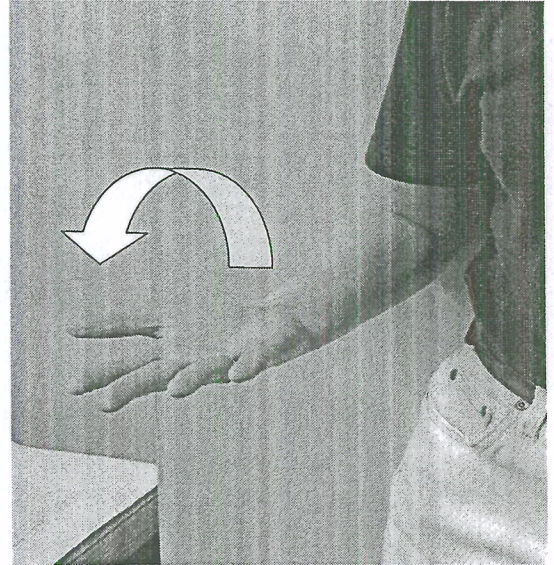
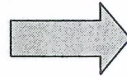
Repeat 10 times.



2. Elbow Supination / Pronation

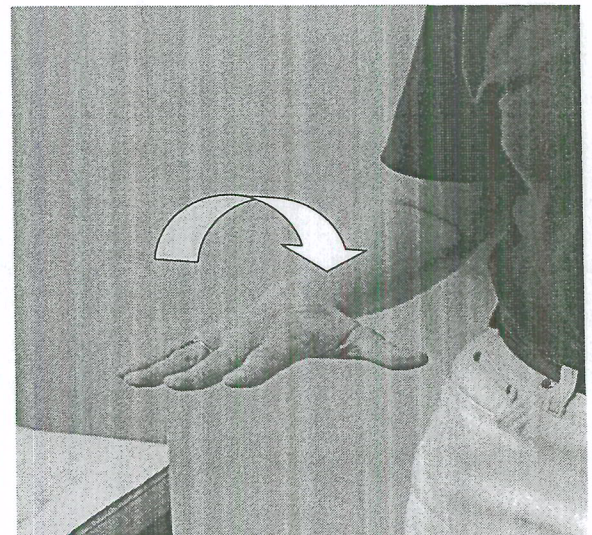
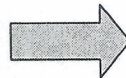
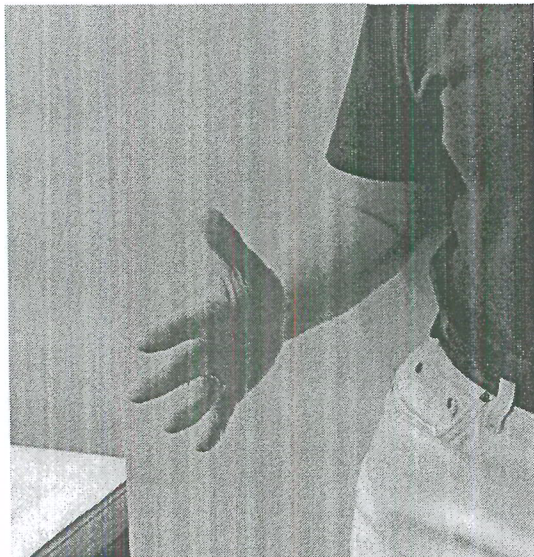
Keep your elbow tucked in close to your side and bent to **90 degrees (a right angle)** or more.

Turn your palm up as much as you can. Hold for **15 seconds**.



Then turn your palm down as much as you can. Hold for **15 seconds**.

Repeat **10 times**.



THINGS TO REMEMBER

DO NOT

- Do not place any weight through your operated arm i.e. don't lean on it or push up from a chair for **6 weeks**.
- Do not lift anything with this arm **until your surgeon says you can**.
- Do not actively straighten your elbow. Only do the exercises in this handout **until your surgeon tells you otherwise**.

DO

- The exercises to maintain the movement gained in the operating room and prevent your elbow from stiffening.
- Keep your arm elevated 6 inches above your heart when you are resting. Rest your arm on 2 big pillows.
- Place an ice bag on your elbow. This will help decrease the inflammation, swelling and pain making it easier for you to move.
 - ✓ **Do not ice** if you are sensitive to cold or lack sensation over the affected area
 - ✓ **Do not ice** before your exercises as this can limit the gains made during your exercise session
 - ✓ To apply the ice use a gel pack, bag of peas or simple ice bag. Place a cloth between your skin and the ice to prevent an ice burn. Apply the ice for 10 minutes 'on', followed by 10 minutes 'off', and then 10 more minutes 'on'. This cycle can then be repeated again in 40-60 minutes. (Remember, if using a bag of peas mark the bag 'Do Not Eat'. Eating a bag of peas that has been repeatedly thawed and frozen can lead to serious illness. Throw the bag out once you are finished with it)
- Let your arm relax at your side and swing when walking.
- Pump your hand – gently make a fist and then straighten your fingers frequently throughout the day to keep the blood circulating.
- Do the 'six-pack' exercises (attached).