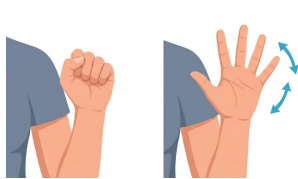




AFTER ELBOW SURGERY

Hand & Wrist Mobility Exercises

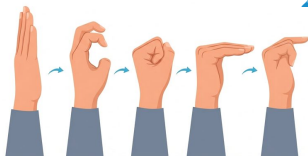
These gentle exercises keep your hand and wrist moving while your elbow repair heals. Keep your elbow in its brace or splint as instructed — these exercises are for the hand and wrist only. Do not actively bend the elbow or lift anything with the surgical arm until Dr. Kelly clears you.



1 Finger Range of Motion

Repeat 10–15 times. Do 3–5 times per day

Open your hand and spread the fingers wide, then curl them into a full fist. Move slowly through the full comfortable range.



2 Tendon Glides

5–10 cycles. Do 3 times per day

Start with fingers straight. Bend to a hook fist (big knuckles straight, fingertips curled), then a full fist, then a tabletop position (big knuckles bent, fingers straight), then back to straight. Hold each position 2–3 seconds.



3 Thumb Opposition

5 rounds. Do 3 times per day

Touch the tip of your thumb to the tip of each finger in turn, making a round “O” each time. Open the hand fully between touches.



4 Gentle Wrist Range of Motion

10 each direction. Do 3 times per day

With your forearm supported and elbow still, slowly bend the wrist up and down, then side to side, within a comfortable range. No weights and no resistance.

Stop and call the office if an exercise causes sharp pain at the elbow, or numbness or tingling in the hand: (509) 460-5588.

Educational information, not medical advice. This program is a general guide — your own restrictions from Dr. Kelly and your therapist always take priority.