

# Caring For an Elbow or Wrist Injury

Ice: Apply ice for 15 – 20 minutes then remove ice for 1 hour. Repeat as much as possible the first 48-72 hours. Ice cubes in a Ziploc bag, frozen peas/corn or a slushy pack are all good ways to ice the injured area.

## Slushy pack

1. One bottle of rubbing alcohol
2. Two bottles of water
3. Mix in a large Ziploc bag, and freeze

Compression: Use an ace wrap or an elbow sleeve. Always check to make sure the wrap is not too tight. Remove wrap at night. Research suggests that ice + compression is better than either of them alone. When re-wrapping the elbow, begin below the elbow and work toward the shoulder.

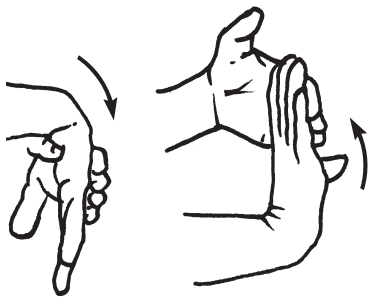
Elevation: Raise the injured area above the heart.

Other: \_\_\_\_\_

## When should I see a doctor?

- Severe pain, swelling and bruising around the joint
- Trouble moving your shoulder normally
- Elbow pain that doesn't improve after several days of home care
- Pain that occurs even when you're not using your arm
- Increasing redness, swelling or pain in the injured area

Get moving as soon as possible. Below are some exercises that may be started when they can be done without pain. Some soreness may be present.



Keep elbow straight.  
Hold 15-30 seconds/ 3-5 x  
(helps elbow and wrist)



Use canned fruit as a  
weight. 20-30 x curl  
up/20-30 x curl down