



## MATTHEW A. BERNSTEIN, M.D.

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

# Elbow General Activity Modifications/Recommendations

### **Hand and Forearm + Numbness or Tingling, Elbow Bursitis, Elbow Contusions**

- NEVER EVER REST ON THE ELBOW (Mid humerus to mid forearm)
- AVOID PROLONGED OR REPETITIVE ELBOW FLEXION (greater than 90 degrees flexed is bad)
- FOR SLEEP + Wear a SOFT SPLINT, or TOWEL/BLANKET wrapped around the arm across the elbow, ~from the wrist to the arm pit. (Secure the tubularized wrap loosely with tape or Velcro).
  - Alternative for sleep + wear the knee pad or heelbo with the padding in the front of the elbow.
- DAYTIME + Wear a breathable CLOTH VOLLEYBALL KNEE PAD or HEELBO to serve as a protective layer behind the elbow. (You may cut the upper and lower elastic band portion of the heelbo if it would be too tight otherwise).
  - The above restrictions are recommended permanently, even after surgery.

### **Elbow pain/Epicondylitis/Radial Tunnel Syndrome**

- **Lateral (palm up + thumb side of the elbow)/Tennis Elbow:**
  - COCK+UP WRIST SPLINT + Day AND Night
  - COUNTER+FORCE BRACE (CFB) + DAYTIME ONLY. Tighten only when actively using your hands. Apply loosely enough that it does not make you numb or tingly. For Epicondylitis only.
    - For Radial Tunnel Syndrome, do not use the CFB
  - AVOID + PALM DOWN PULLING or LIFTING, AND FORCEFUL SUPINATION (turning the palm upward)
    - If you already have seen OT/PT, continue to do the home exercises (HEP) diligently.
- **Medial (palm up + small finger side of the elbow)/Golfer's Elbow:**
  - COCK+UP WRIST SPLINT, Day AND Night
  - COUNTER+FORCE BRACE (CFB) + DAYTIME ONLY. Tighten only when actively using your hands. Apply loosely enough that it does not make you numb or tingly.
  - AVOID PALM UP PULLING or LIFTING, AND FORCEFULLY PRONATION (turning the palm down)
    - If you have seen OT/PT, continue to do the home exercises (HEP) diligently.

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