



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 OUTSTRETCHED PALM DOWN PULLING or LIFTING AND OR 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.

Schaumburg Office
929 West Higgins Road
Schaumburg, IL. 60195

Elk Grove Village Office
120 East Higgins Road
Elk Grove Village, IL. 60007

Bartlett Office
864 West Stearns Road
Bartlett, IL. 60103

Buffalo Grove Office
404 North McHenry Road
Buffalo Grove, IL. 60089

847.285.4200
www.BarringtonOrtho.com