

This is a follow-up letter to your recent telephone consultation with the fracture care team, explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

**You have sustained a possible injury to your biceps tendon where it inserts into the elbow.**

**Healing:** This normally takes approximately 6 weeks to heal. In some occasions this injury may need a surgical repair.

**Pain and swelling:** Your elbow may be swollen. Take pain killers as prescribed.

**Using your arm:** You may use the arm and it is important to keep the elbow moving to prevent stiffness.  
Avoid any heavy lifting for the full 6 weeks.

**Follow up:** You have been referred to see a shoulder specialist within two weeks of your injury to discuss your management plan. They will assess your elbow and decide if further treatment, scans or surgery are required; they will organise these if needed.  
If you have not received this appointment within one week of receipt of this letter please contact the booking hub directly on number below

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

If you are experiencing pain and symptoms anywhere else, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Email:** virtualfractclinic@york.nhs.uk

Please follow the management plan below.

**What to expect:**

Weeks since injury	Rehabilitation plan
0-2	<ul style="list-style-type: none"> <li>✓ Wear sling for comfort only.</li> <li>✓ Take your arm out of the sling and practise moving the elbow (see below).</li> <li>✓ Do the exercise below every hour in the daytime. You can start straight away.</li> <li>✓ You will see an upper limb specialist.</li> </ul>
2-6	<ul style="list-style-type: none"> <li>✓ Try not to use the sling and do normal light activities with the arm.</li> <li>✗ Don't lifting more than the weight of a cup of tea for six weeks.</li> <li>✓ Continue with the exercises.</li> </ul>
6 -12	<ul style="list-style-type: none"> <li>✓ Resume normal, day-to-day, activities but be guided by any pain you get.</li> <li>✗ Heavy tasks may cause discomfort.</li> </ul>

**Advice for a new injury:**

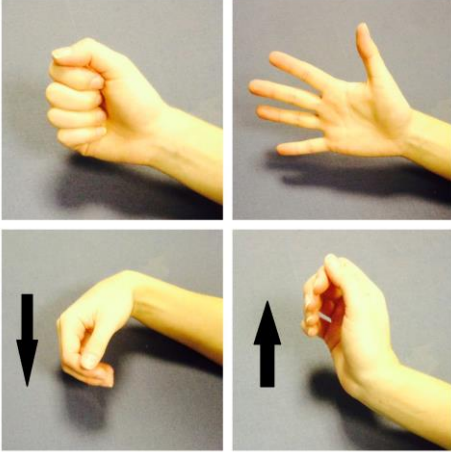
**Cold packs:** A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

**Rest:** Try to rest your arm for the first 24-72 hours. However, it is important to maintain movement in your elbow. Gently move your elbow following the exercises shown. These should not cause too much pain. This will ensure your elbow does not become stiff and it will help the healing process.

**York Virtual Fracture Clinic Contact details:**  
**Phone:** 01904 726575  
**Email:** virtualfractclinic@york.nhs.uk

## Exercises

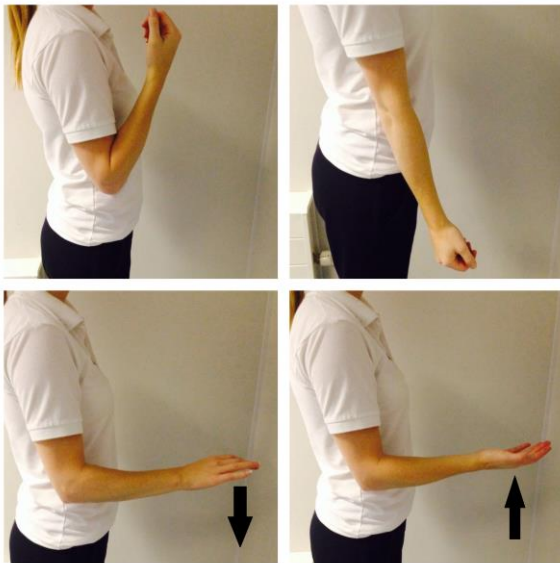
### Initial Exercises to be done 5-6 times a day



#### Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times.  
Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball / ball of socks. Squeeze the ball as hard as possible without pain.  
Hold for 5 seconds and repeat 10 times.



#### Elbow Bend to Straighten

Bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary.

Repeat 10 - 15 times if there is no increase in pain.

#### Forearm Rotations

Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary.

Repeat 10 - 15 times if there is no increase in pain.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Email:** virtualfractclinic@york.nhs.uk