

Distal humerus fracture

After the cast or sling has been removed, you may start using your arm as usual in all daily activities! However, avoid falling on the upper limb while it is still healing and any contact-heavy sports and activities for the first few weeks. Once you can touch your shoulder with the fingertips of the same arm and fully extend the arm, there's no need to restrict sports and activities anymore unless a doctor has instructed you otherwise. At that point, the arm should also be completely free of pain.

The exercises below will help you restore mobility to the elbow joint. You can do these exercises at home independently or together with a parent every morning and evening. You can't do too many of these exercises! Remember that you are responsible for exercising your arm, as no one else can do it for you.

It may take time to fully restore your movements. There's no need to worry as arm movements generally return to normal in one to two months following cast removal.

1. Stretches with a pillow



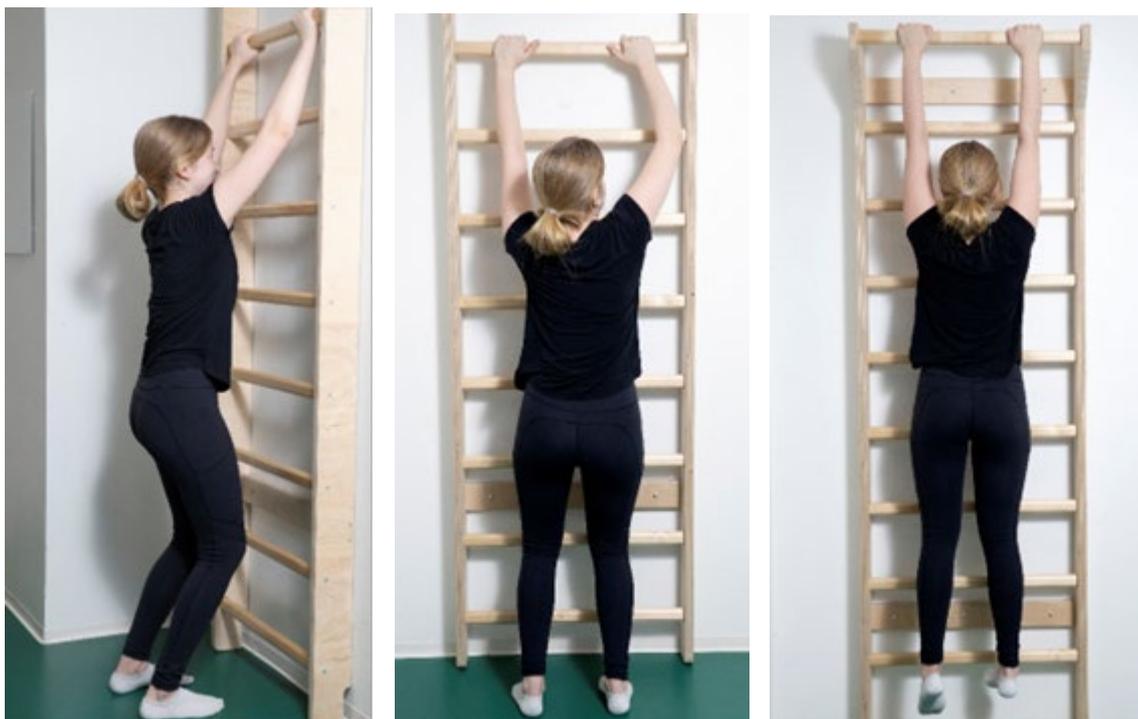
Lie on your back and place your elbow on a pillow. Your palm should be pointing towards the ceiling! Relax your arm and extend it as straight as possible. If you wish, you can hold something in your hand or ask someone such as a parent to help you straighten the arm out.

2. Arm flexion



Take a seat so that you can lower your arm as straight as possible next to your body. With your healthy hand, grasp the injured arm's wrist and bring it as close to your shoulder as possible. Then, lower the arm back down to rest straight next to your body. You can use, for example, a tennis ball in the exercise with the goal of touching your shoulder with the tennis ball.

3. Arm hang



You can do this exercise on wall bars, for example. Stand in front of the wall bars with your feet on the ground. Place your hands on a bar above your head and bend your knees so that your arms are as straight as possible.

In addition to elbow joint movements, you should also observe how your wrist and fingers move because the fracture can affect the nerves in the wrist, hand and fingers as well. If you notice symptoms such as weakness that makes it difficult to move your fingers or wrist, or changes in sensation in your fingers, please contact the unit that treated you.