

Elbow Elevation



1. Lay as flat as you can comfortably
2. Place one pillow doubled over next to your injured shoulder to keep your upper arm from dropping down
3. Place another pillow doubled over on your chest to support your forearm

*It helps to have your sling on

*You should be in this position most of the day for the first 1-2 weeks

*This is the only reliable way to elevate your elbow above your heart

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