

Dr. Curtis Noel's Protocol for:
**ELBOW CONTRACTURE
 RELEASE**



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| CPM Schedule (if ordered) | | CPM 8:00am, 12:00pm, 4:00pm, 8:00pm Extension splint 10:00am, 6:00pm Night splint 10:00pm to 8:00am (flexion or extension) Active range of motion after splint change for 20 minutes |
| Phase I: (Passive) & Phase II: (Active Assistive) | Week 1-5 | <ul style="list-style-type: none"> • Passive & Active Range of Motion • Elbow Flexion and Extension with terminal stretching • Elbow Pronation and Supination with terminal stretching • Utilize hold / relax stretching |
| Phase III: (Resisted) | Week 6 | <ul style="list-style-type: none"> • Elbow Flexion and Extension • Elbow Pronation and Supination • Eccentric Wrist Flexion and Extension • Eccentric Wrist Supination and Pronation • Standing forward punch • Seated rows • Shoulder Shrugs • Bicep Curls • Bear Hugs |
| Phase III: (Resisted) | Week 10-16 | <ul style="list-style-type: none"> • Continue with End Range Stretching <ul style="list-style-type: none"> ○ Advance gym strengthening (avoid valgus stress) ○ Initiate Closed Kinetic Chain Exercises in protected range <ul style="list-style-type: none"> ▪ Push-Ups and Seated Serratus Push-Ups ○ Initiate Plyometric Drills <ul style="list-style-type: none"> ▪ Plyoball Wall Drills ▪ Two-Armed Rebounder Drills progressing to One-Armed |
| Weight Training: | Week 10 | <ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent. • Minimize overhead activities (No Military press, pull downs behind head, or wide grip bench) |

***Phase 5: Interval Throwing program at week 16 or initiated per physician approval