



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: ELBOW STIFFNESS/CONTRACTURE

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PLAN

Patient education, posture correction and ergonomics

- Pain control: ice, heat, modalities, anti-inflammatory medications
- Maintain desired ROM with active, passive, and active assisted exercises
 1. Elbow flexion, extension, supination, pronation
 2. No limitations to ROM in any plane
 3. Stretching in all planes with special focus on
 1. Extension (straightening of the arm)
 2. Flexion (bending of the arm)
- Use static splinting if no gains in ROM
- Soft tissue mobilization
- Home exercise program, weighted stretches, static splinting: to be done daily

Scapular stabilization and strengthening exercises

Shoulder rotator cuff and scapular ROM and stretching

Core strengthening

Home Exercise program

Precautions

Exercises should be performed in painless arc initially

Emphasize lower weight, higher repetition exercises starting out with lightweights and progressively increasing the intensity, resistance and speed. Focus on strengthening in functional positions

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2-3 times per week

Duration: 12 weeks

Signature: _____

Date: _____