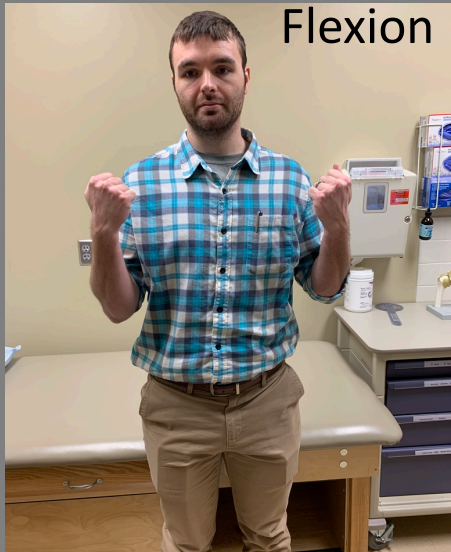


Protected Elbow Range of Motion

twincitiesshoulderandelbow.com/protectedelbowmotionvideo/

For ligament injuries and unstable fractures

Elbow dislocations, Lateral ligament repair, Terrible triad injuries



Flexion



Extension



Avoid varus at the elbow!

- No reaching out and overhead
- Keep your elbow tucked at the side



Pronation



Supination

Only straighten the elbow with the wrist in pronation

Only supinate with the elbow bent to 90°

Types of Motion

Passive: An outside force moves your arm for you entirely

Active assist: Using the power of your injured arm with the assistance of your uninjured arm or an outside force

Active: Using the power of only your injured arm



Chad Myeroff, MD

Twincitiesshoulderandelbow.com

*Tuck your elbow at your side for all exercises

*Can be done sitting, laying, or standing