

Twincitiesshoulderandelbow.com  
Dr. Chad Myeroff's Rehabilitation Protocol

Standard Elbow Range of Motion Diagram



**Elbow Range of Motion**  
[twincitiesshoulderandelbow.com/elbowmotionvideo/](http://twincitiesshoulderandelbow.com/elbowmotionvideo/)



Flexion



Extension



Pronation



Supination



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**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

\*Tuck your elbow at your side for all exercises  
\*Can be done sitting, laying, or standing



[More info: twincitiesshoulderandelbow.com/rehab/](http://twincitiesshoulderandelbow.com/rehab/)



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