James M. Gregory, M.D.

Shoulder and Elbow Surgery *jamesgregorymd.com*

Texas Medical Center 6400 Fannin St., Suite 2250 Houston, TX 77030 713-486-7500 (office) 713-512-2234 (fax) Memorial City 10125 Katy Fwy, Suite 101 Houston, TX 77024 713-486-1700 (office) 713-467-6755 (fax)

Elbow Release Protocol

Name:	Date:
Diagnosis:	
Date of Surgery: Next Physician Appointment: _	
Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Wee	eks
 Week 0-2: Discontinue OR splint on POD 1 Advance elbow ROM – AAROM advance as tolerated to AROM Home exercises four times daily Passive end-range stretching Ice/elevation Gentle hand, wrist and shoulder ROM as tolerated Splints – OT to fashion extension splint to wear at night Weeks 2-6: Begin isometric strengthening Advance ROM as tolerated Passive end-range stretching 	
 Continue home exercises Continue extension splint at night Splint – remold extension splint as needed to maintain terminal extension 	
 Weeks 6-12: Discontinue extension splint Advance strengthening as tolerated ROM with continued emphasis on end-range and passive overpressure 	
Comments:	
Teach Home Exercise Program	
Modalities Heat before Ice after Other	Therapist's discretion
Signature	



