Elbow Active and Active Assisted ROM

PHASE 1 – EARLY MOBILITY

Goal: Reduce stiffness, protect healing structures and begin gentle movement without loading.

Exercises should be pain free, working into end range tightness, stiffness and pulling. Pain should not increase after exercise.

Perform 10-15 reps 2-3 x day. Hold end range for several seconds to allow for tissue lengthening.

1. ELBOW FLEXION/EXTENSION – ASSISTED

- Sit with arm supported on a table
- Use your other hand to gently help bend the elbow as far as comfortable
- Guide it back into extension (straight)

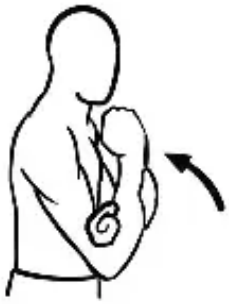


2. WAND OR STICK-ASSISTED FLEXION / EXTENSION

- Hold a stick (like a broom handle) with both hands.
- Use the non-injured arm to guide the injured arm through bending and straightening.

3. ACTIVE RANGE OF MOTION: ELBOW FLEXION

- Place a rolled-up towel in the elbow crease
- Bend your Elbow as far as you comfortably can.
- Hold for more than 10 seconds, then straighten.
- Repeat 3-5 times



4. ACTIVE RANGE OF MOTION: ELBOW EXTENSION

- Straighten your elbow gently until you feel a mild stretch
- Hold for more than 10 seconds
- Repeat 3-5 times
- This can also be performed laying down to allow gravity to assist

5. FOREARM ROTATION (SUPINATION / PRONATION)

- With the elbow tucked at your side at 90 degrees, rotate your palm up (supination) and down (pronation)
- Move slowly, holding each end range for several seconds



If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

Optional Light Stretching (If cleared by your Clinician)

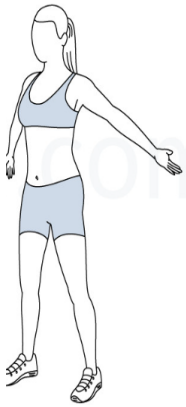
1. TRICEPS STRETCH

- Lift your arm overhead and gently bend the elbow
- Use the other hand to support – not push – the elbow.
- Hold 10-20 seconds. Repeat 3-5 times.



2. BICEPS STRETCH

- Extend your arm behind you with your palm facing forward
- Hold 10-20 seconds. Repeat 3-5 times.



Your wrist and fingers may develop stiffness while recovering from injury.

Include wrist circles, wrist flexion and extension as well finger flexion to the crease in your palm and finger extension.