

Name _____

Date _____

Physician _____



Patient Flow Sheet

Elbow Contracture Release Steadman*Hawkins Protocol

CPM Schedule

CPM 8:00am, 12:00pm, 2:00pm, 4:00pm
Extension splint 10:00am, 6:00pm
Night splint 10:00pm to 8:00am (flexion or extension)
Active range of motion after splint change for 20 minutes

Phase 1 & 2

(Passive & Active)

Week 1-4

Passive & Active Range of Motion

Elbow Flexion and Extension with terminal stretching
Elbow Pronation and Supination with terminal stretching
Utilize hold / relax stretching

Phase 3 -(Resisted)

Week 6

Elbow Flexion and Extension
Elbow Pronation and Supination
Eccentric Wrist Flexion and Extension
Eccentric Wrist Supination and Pronation
Standing forward punch
Seated rows
Shoulder Shrugs
Bicep Curls
Bear Hugs

Phase 4—Advanced Strengthening and Plyometric Drills

Week 10-16

Continue with End Range Stretching
Advance gym strengthening (avoid valgus stress)
Initiate Closed Kinetic Chain Exercises in protected range
-Push-Ups and Seated Serratus Push-Ups
Initiate Plyometric Drills
-Plyoball Wall Drills
-Two-Armed Rebounder Drills progressing to One-Armed

Weight Training

Week 10

Keep hands within eyesight, Keep elbows bent.
Minimize overhead activities
(No Military press, pull downs behind head, or wide grip bench)

Phase 5-Interval Throwing Program

Week 16

Initiate per Physician Approval