



The Orthopedic Center of St. Louis

14825 N Outer Rd, Suite 200

Chesterfield, MO 63017

Phone (314) 336-2555

Fax (314) 336-2558

Elbow Contracture Release

Post-Op	Exercises
Weeks 0-12 PT 2-4x/week HEP daily	<ul style="list-style-type: none">• FULL ACTIVE/PASSIVE ROM in Elbow Flexion/Extension and Forearm Supination/Pronation• Work Aggressively to achieve and maintain motion• Full flexion and extension ROM should be achieved by the end of 6 weeks.• Putty/grip exercises.• Isometric strengthening exercises for the elbow and wrist.• Maintain shoulder, wrist, hand strength and ROM.