

Elbow Stiffness: use of static adjustable brace

Schedule

AM	Out #	Flexion* Extension	Out #	Flexion* Extension	Out #	Flexion* Extension	Out #	Flexion* Extension	PM
	1 hour	4 hours	1 hour	4 hours	1 hour	4 hours	1 hour	Sleep (8h)	

* Flexion or extension will be circled

Hours out of splint

Instructions

1. Goals: to improve elbow motion
2. Additional modalities to assist with achieving motion
 - a. Anti-inflammatory medications as prescribed by your doctor
 - b. Heat prior to placing your brace on in the opposite direction
 - c. Cold after removing your brace for the 1-hour rest (15 minutes of cold on, 15 off, etc)
3. How to use the schedule and brace
 - a. On waking up in the morning, remove your brace. Take an anti-inflammatory medication (as prescribed). Take a warm shower to help loosen the elbow up
 - b. The brace may be removed for 1 hour after waking, 1 hour in the morning, 1 hour in the afternoon, and 1 hour in the evening
 - c. When out of the brace for the break, use the elbow as normally
 - d. After a break, the elbow will be placed back in the brace working on the opposite motion as the prior direction (as circled above)
 - i. Stretch your elbow to the maximum flexion or extension (depending on the motion being worked on for that period of time) and lock the elbow brace into this position
 - ii. You should feel a slight stretch or discomfort when maximizing your flexion or extension but not pain
 - iii. For nighttime/sleep application, application of the stretch should be sufficiently strong to know the elbow is being stressed but you should be able to still sleep without waking with pain.

If you have any questions or concerns, contact our office.