

Elbow Contracture Release

Immediate Postoperative Instructions

- **Move your elbow as much as possible from full extension to full flexion**
- **No lifting greater than 5 pounds for 6 weeks.**
- **Shower:** May get incision wet in shower in 1 week, keep wound covered otherwise.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.
- **Activity:** Ice and elevate

Postoperative Plan

Sling Use

- Use the sling until you regain full control and sensation of your shoulder and hand then discontinue

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- Lifting allowed at 6 weeks
- 12 Weeks: Anticipated Return to Full Activities

Physical Therapy Protocol

Phase I: Weeks 0-6

- Full active and passive range of motion of elbow, at least 20 repetitions per hour
- No weight
- Full shoulder exercises, continue hand exercises

Phase II: Weeks 6+

- Full Motion, Active and passive
- May start strengthening exercises slowly, starting at 2 pounds