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## Elbow Contracture Release Steadman\* Hawkins Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### CPM Schedule

CPM: 8 a.m., 12 p.m., 2 p.m., 4 p.m.

Extension Splint: 10 a.m., 6 p.m.

Night Splint: 10 p.m. to 8 a.m. (flexion or extension)

Active range of motion after splint change for 20 minutes.

### Phase I and II: Passive and Active Range of Motion

#### Weeks 1 to 5

- Elbow flexion and extension with terminal stretching
- Elbow pronation and supination with terminal stretching
- Utilize hold/relax stretching

### Phase III: Elbow Flexion and Extension

#### Week 6

- 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 IV: Advanced Strengthening and Plyometric Drills

#### Weeks 10 to 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 V: Interval Throwing Program

#### Week 16

- Initiate per Dr. Roberson's approval