



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Management of Elbow Stiffness

Plan

- Educate patient on posture/ergonomics.
- Pain control with modalities and medication.
- Preserve ROM with daily active, passive, and assisted movements (flexion, extension, supination, pronation).
- Emphasize extension/flexion stretches.
- Include scapular stabilization, rotator cuff mobility, core strengthening.

Precautions

- Perform exercises in pain-free range initially.
- Use low weight, high reps; progress gradually.
- Prioritize functional strengthening.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

