

ELBOW PHYSIOTHERAPY REFERRAL

Elbow dislocation

Dear Physiotherapist,
Thank you for seeing:

Injury Date:

Diagnosis: Left / Right elbow dislocation / fracture-dislocation

Treatment Required: Could you please commence the following:

		Days	Weeks
<u>ELBOW</u>			
Brace	Please apply hinged ROM brace with 30 degree extension block and free flexion range	3 to 7	
ROM	Overhead/supine range of motion exercises out of brace (as per diagram attached) <ul style="list-style-type: none"> - Active assisted flexion and extension with arm adducted and neutral shoulder rotation - Active supination and pronation - Encourage simple analgesia with exercises 	3 to 7	
	Set brace to free range <ul style="list-style-type: none"> - Continue overhead exercises - Erect elbow ROM exercises 		3
Stretches	Remove brace <ul style="list-style-type: none"> - Start stretches: flexion/extension, sup/pron 		6
Strengthening	Weight limit of <ul style="list-style-type: none"> - 500gm until - 1kg until - Add 1kg per week thereafter with strengthening exercises 		6 8

Avoid abduction of shoulder when erect for 6 weeks

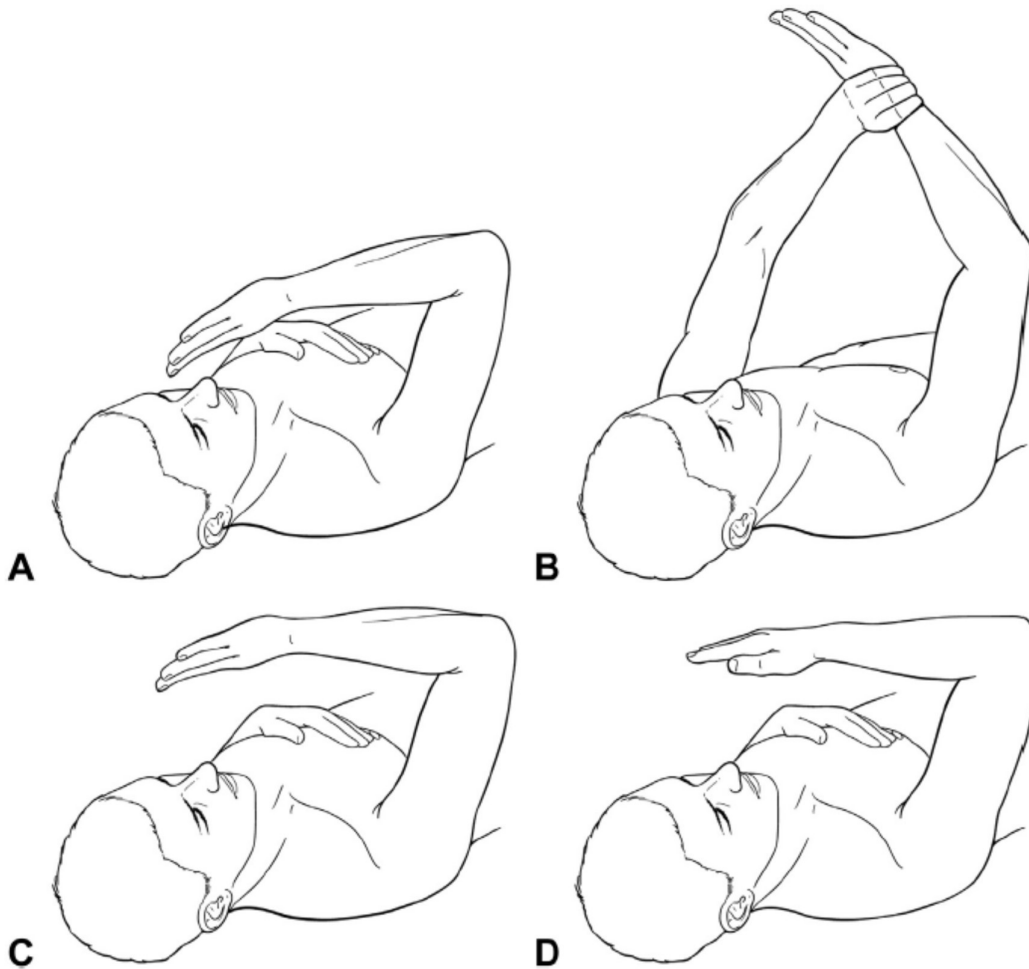
Please notify me by phone, fax or email if you have concerns re:

- Excessive pain
- Excessive stiffness
- Concerns about compliance.

With thanks

Dr Alan Dao Date: _____

Supine/overhead elbow exercises out of brace:



A = Flexion of elbow with shoulder in adduction and neutral rotation

B = Active assisted extension – range as tolerated

C = Pronation

D = Supination