
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