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Physiotherapy protocol: Release of Elbow Contracture / OK Procedure

Weeks 1-2:

- Remain in Sling for two weeks
- Active shoulder ROM exercises Day 1
- Active assisted/passive elbow flexion exercises during the day to preserve flexion, extension and forearm rotation

Week 3:

- Remove / wean out sling on Day 1; decrease use of the sling as discomfort allows.
- Start active exercises re-establishing full flexion and extension of elbow.
- Shoulder exercises to maintain range
- Start gentle light resistance exercises at 3 weeks.
- Ice after exercises

- Encourage full ROM goals;

Weeks 4-6:

- Increase activity and strengthening exercises.

Week 6:

- Gradual return to full activity and sport

Comments: