



Corporate Headquarters  
75 Burt Drive  
Deer Park, NY 11729  
tel: 631.254.5577 fax: 631.254.5559

www.ec-op.com

Western NY Office  
505 Delaware Avenue  
Buffalo, New York 14202  
tel: 716.856.5192 fax: 716.856.5246

## Static Progressive Stretch Elbow Orthosis

### Stretch Session Instructions

Static-Progressive Stretch orthoses are used to restore lost range of motion to contracted joints through the biomechanical principal of stress relaxation. During a stress relaxation and low-load stretch therapy session, the joint is brought to a pain-free stretched position and held there for several minutes, to allow for the surrounding tissues to relax and lengthen. This stretching technique safely and efficiently restores normal length to shortened tissues surrounding a joint, allowing for motion and use when stiffness develops after injury.

#### Directions:

- Each session will last 30 minutes.
- Begin with 1 session per day and add 1 session every 3 days as tolerated up to a maximum of 3 sessions per day. ( e.g. Day 1-3 = 1 sessions per day, Day 4-6= 2 sessions per day, Day 7-On = 3 Sessions per day)
- Rest at least 1 hour between each session. When you can tolerate 3 sessions per day, perform one session in the morning, one in the afternoon and one at night. This is not practical for some patients but as long as you can rest at least 1 hour between each session then perform the 3 sessions throughout the day at your convenience. \*

*\* Note: Apply the brace only 2 times a day when there is Physical/Occupational Therapy scheduled.*

#### Session Instructions:

- Depending upon your doctor's instructions you will be moving your arm towards flexion or extension.
- For flexion, begin with your arm fully extended. After your brace is on turn the crank so that your hand moves towards you.
- For extension, begin with your arm in flexion. After your brace is on, turn the crank so that your hand moves away from you.
- Keep turning the crank until you feel a pain free stretch. Your desired stretch should be represented on the following scale:



- During your session if you feel that the intensity has decreased, turn the crank more until you reach the desired stretch intensity.
- During your session if you feel that the intensity has increased, turn the crank back until you reach the desired stretch intensity.
- Following your session you may feel some joint stiffness. Move your arm back and forth to help relieve the stiffness.
- If possible, ice your elbow after your session is over (for a maximum of 30 minutes).

#### IMPORTANT

- Inform your Occupational Therapist that you are using a Static Progressive Stretch device.
- If you have any issues with the brace please contact your practitioner.