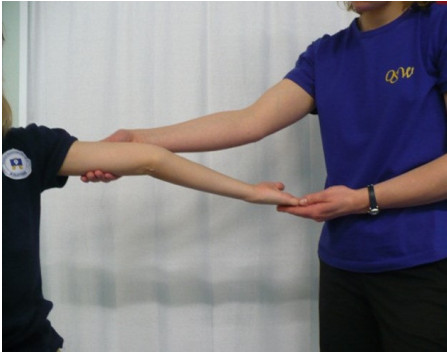


**Definition**—These injuries happen in a variety of sports and work areas. The area will rapidly swell and immediate pain will overcome the area. Possible fractures can occur with injury and it is important to have a physician rule this and other possible injuries out as well.



**Mechanism of Injury:**

Hyperextension occurs when the elbow joint is forcefully hyperextended. Dislocations result from hyperextension or falling on an outstretched arm. Injury will present with rapid swelling, severe pain and deformity.



**Physical Therapy**

Range-of-motion (ROM) will be addressed first as to not let the elbow joint stiffen and create more pain with activities. Exercises that address this are:

<p><b>Upper-Extremity Bike (UBE)</b> – The circular motion done with the UBE helps to bend and straighten the elbow.</p>	<p><b>Pulleys</b> – The back and forth movement of the arms helps straighten and bend the elbow as well.</p>	<p><b>Towel Slides</b> - Using your arms to move up and down and to write out the alphabet works to increase range of motion.</p>
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Most will be apprehensive to straighten the elbow due to pain but must remember that if not straightened, his or her daily life will be affected tremendously.

Once appropriate ROM has been achieved, strengthening exercises will begin to be introduced, such as:

<p><b>Cable Column</b> – When able, one will do different motions as instructed by your PT or Athletic Trainer to increase strength.</p>	<p><b>Theraband Exercises</b> – Different motions done with the theraband as instructed will create strength needed after injury.</p>	<p><b>Rows and Pull Downs</b> – These exercises work on postural muscles as to help support arm and elbow function.</p>
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\*Note: One may not progress to more demanding exercises until his or her physical therapist and/or athletic trainer allow it. Progressing oneself without the PT's or AT's permission may cause more damage to the joint and delay healing.

**Criteria for Return to Sports and/or Work:**

- Full, pain-free ROM
- Strength is equal to the unaffected arm
- Successful demonstration of work- or sports-specific activities has been completed

One should expect to be limited in activities until approximately one year after dislocation and 2 to 3 months after hyperextension.

Works Cited

Prentice, W. E. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training* (5<sup>th</sup> ed.). Chapel Hill, NC: McGraw Hill.

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