

## Elbows

Work-related injuries, car accidents, and sports injuries can affect elbow motion in different ways. The Elbow Extensionater® II is specifically engineered to allow the elbow to be positioned perfectly, no matter what the injury.

The elbow is not a simple hinge joint. In addition to flexion and extension, the elbow can pronate and supinate (pronate - To turn or rotate (the hand or forearm) so that the palm faces down or back and supinate - To turn or rotate (the hand or forearm) so that the palm faces up or forward). Different elbow injuries require the forearm to be positioned differently when stretching. ERMI's unique design improves elbow extension while allowing perfect forearm alignment.

Common indications: ulnar collateral ligament reconstruction, radius fracture, ulnar fracture, humerus fracture, and biceps tear.

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### ERMI ELBOW EXTENSIONATER® II





Hanging up cloths. Swinging golf clubs.  
Playing tennis. All of these motions require full  
extension of the elbow.

Of all the joints, the elbow is perhaps the most  
difficult to rehabilitate. Following surgery,  
patients often develop arthrofibrosis (an  
abnormal growth of fibrous ?scar tissue?  
around the joint? of the elbow ? which leads to  
loss of motion. In fact, according to Jesse B.  
Jupiter, MD. Surgical scar removal procedures  
have a complication rate between 10 to 30  
percent.

The ERMI Elbow Extensionater® is designed  
based on the principle of three point bending.  
Studies have shown that patients  
demonstrated an average of 15 degrees  
increased elbow extension in five weeks, with  
most demonstrating full elbow extension in  
that time frame.

The ERMI Elbow Extensionater® II is a very

small, easy to use device that uses a patented pneumatic air bladder technology to improve extension.

[View Device Video](#)

[Download Suggested Instructions for Use \(pdf format\)](#), but make sure you follow all [recommendations from your treating physician or physical therapist](#). [1]

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