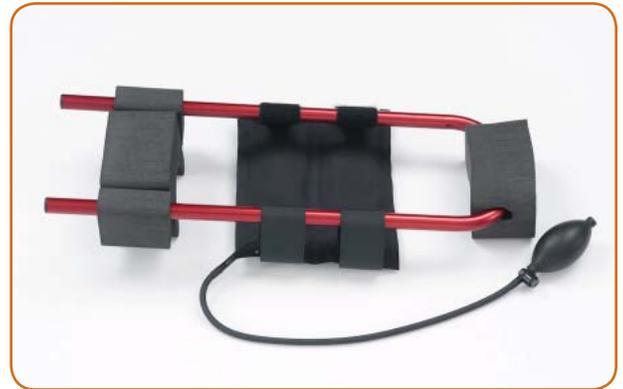


## For the Patient: Instructions for Use

### To Work Extension:

1. Position the frame of the Elbow Extensionater II so that the small foam pad is resting on your shoulder (Figure A). The pad should be up high enough so that it is resting on your shoulder muscles and not resting on your biceps muscle.
2. The loops of the two straps that hold the air cuff to the frame of the Elbow Extensionater II should be on the side of the frame that is on outside of your injured arm (Figure B).
3. With the thumb of your injured arm pointing up towards the ceiling, adjust the position of the V-shaped pad so that it rests comfortably on the top of your wrist (Figure C).
4. Adjust the position of the air cuff so it is centered on your elbow joint. Be sure that the tip of your elbow is in the channel down the center of the air cuff, as it will reduce stress on the tip of your elbow.
5. Feed the loose end of one of the straps up between your arm and the side of the frame closest to your body (Figure D). Then pass the strap up and over the top of the frame, and then bring the strap down and secure it by connecting the two sides of the Velcro together (Figure E). Repeat for the second strap.
6. Straighten your elbow as far as you can, and re-adjust the straps so they fit snugly with your elbow in a straightened position.
7. Using your opposite hand, squeeze the black bulb to inflate the air cuff (Figure F). This will stretch your elbow into a greater amount of extension. Continue inflating the air cuff until you achieve a stretch that feels like the stretch your therapist gives you during your physical therapy sessions.
8. Hold the stretch for 10 minutes (see notes below).
9. Deflate the air cuff and reduce the stretching load to your elbow by depressing the push-button valve integrated in the black bulb (Figure G).
10. Relax and allow the muscles and tissues around your elbow to recover from the stretch for 10 minutes (see notes below).
11. Re-inflate the air cuff as in Step 7 above, holding the stretch for 10 minutes (see notes below).
12. Release the stretch by deflating the air cuff as in Step 9 above.
13. You have completed one stretching session with the ERMI Elbow Extensionater II. We recommend that you repeat this protocol 3 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes<sup>1</sup> per day.



### Notes:

- Initially, you may become sore as your tissues have not been stretched to this degree. If so, we recommend that you start with one session per day for the first week, increase to 2 sessions per day in week 2, and plateau with 3 sessions per day (60 minutes of end-range stretching) in weeks 3 and beyond.
- The goal is to complete 60 minutes of end-range stretch each day broken into stretching intervals no longer than 10 minutes in duration. The shortest way to do this would be 3 sessions of 10 minutes of stretch - 10 minutes of joint recovery - 10 minutes of stretch. If you cannot comfortably hold the stretch to 10 minutes, hold it for as long as you can, then relax for a similar duration. Repeat holding the stretch and relaxing for similar periods of time until 30 minutes have passed. For example you may hold the stretch for 2 minutes and relax for 2 minutes. Hold for 2 more minutes and relax for 2 minutes, repeating the cycle until 30 minutes have elapsed. Again, your goal is to accomplish 60 minutes of end-range stretch daily.

<sup>1</sup>Davies, George J., PT, ATC and Ellenbecker, Todd S., PT. Focused exercise aids shoulder hypomobility. Biomechanics 1999, 77-81.