



1830 FRANKLIN STREET, SUITE 450
DENVER, COLORADO 80218

Phone: 303-321-1333
Toll Free: 888-900-1333
FAX: 303-321-0620
www.western-ortho.com

James C. Holmes, M.D.
General Orthopaedics
Sports Medicine
Surgery of Knee

Timothy J. Birney, M.D.
General Orthopaedics
Spinal Surgery

Ted Parks, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Armodios M. Hatzidakis, M.D.
General Orthopaedics
Shoulder and Elbow

Gareth E. Shemesh, M.D.
Physical Medicine and Rehabilitation
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General Orthopaedics
Sports Medicine
Arthroscopic Surgery

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General Orthopaedics
Foot and Ankle

Brian J. White, M.D.
General Orthopaedics
Sports Medicine
Arthroscopic Surgery

Steven M. Traina, M.D.
General Orthopaedics
Sports Medicine
Knee and Shoulder Surgery

Thomas G. Mordick II, M.D.
Hand Surgery

Valerie C. Suleski, M.A.
Practice Administrator

Foster Matchett, M.D.
(1902 - 1979)

Charles Brown, M.D.
(1917 - 2005)

Fred F. Teal, M.D.
Retired

Theodore J. Clarke, M.D.
Emeritus

ECU Stabilization

Day 3

Change dressing, clean wound, inspect wound
Long arm splint, elbow 70 degrees flexion, neutral rotation
Wrist 10-20 degrees extension, fingers free
Begin finger ROM to maintain full ROM
Begin elbow flexion/extension to maintain full ROM
NO supination/pronation
NO wrist flexion/extension
Therapy 1-2 times per week

Week 4

Discontinue long arm splint, liberty brace or similar splint for sleep/travel/crowds
Begin Active and Assisted Wrist ROM, also begin supination/pronation
Begin strengthening program, putty Gripper other progressive resistance activities
Goal is full ROM and 80% grip strength by week 10
Therapy 1 to 2 times per week
Record ROM and Strength weekly

Report to physician at week 2, 6, and 10. Week 10 report to include weekly strength and ROM measurements.