



 **TWIN CITIES ORTHOPEDICS**

Excellence in Research and Education

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INSTRUCTIONS FOR USE OF THE MACKIE™ BRACE FOR PROGRESSIVE ELBOW STRETCHING

Wearing Protocol

Apply the Mackie Elbow Brace by adjusting the angle to a position that matches the angle of their elbow at rest. The patient then incrementally stretches the joint to tolerance by turning the handle to increase ROM in either flexion or extension. The most desired motion by the patient determines which orthosis is worn at night. Wearing that orthosis at night is followed by alternating orthosis wear throughout the day, with rest and ROM to be done during meal times. Comparison with the sound side can demonstrate the patient's relative progress.

Using alternative wearing protocols is also effective. For a shorter duration daytime use, a more aggressive approach can be used. The position is held for five minutes, allowing the soft tissue to relax and resistance to decrease. The patient then increases the ROM to the point of tissue resistance, never to pain, and holds for five more minutes. This pattern is repeated for a total treatment session of 30 minutes a day. The protocol progresses with the addition of 30 minute sessions per day for each additional week. The patient never exceeds three 30 minute sessions a day for each direction.