

For the Patient: Instructions for Use

To Work Extension:

1. Attach the air cuff to the forearm shell with velcro straps which loop through slots attached to the shell. The air cuff should be snug but still allow your arm to fit in place (Figure A).
2. Loosen the hinges and place your injured arm into the forearm shell with your palm facing up. The air cuff should cover the heel of your hand as well as your wrist (Figure B).
3. The bend of your arm should be aligned with the hinges as closely as possible (Figure C).
4. The upper shell should be across your biceps muscle.
5. Adjust the hinges so that your hand is snug against the empty air cuff and does not contact the forearm tray.
6. Lock the hinges in this position (Figure D).
7. Your forearm will contact the lower shell cushioning closer to the elbow (Figure E).
8. Using your opposite hand, squeeze the black bulb to inflate the air cuff and initiate stretching your elbow into extension (Figure F). Continue inflating the air cuff until you achieve a stretch that feels like the stretch your therapist gives you manually during in-clinic physical therapy sessions.
9. Hold the stretch for 10 minutes (see notes below).
10. To deflate the air cuff and reduce the stretching load to your elbow, depress the push-button valve integrated in the bulb handpiece (Figure G).
11. Relax and allow the muscles and tissues around your elbow to recover from the stretch for 10 minutes (see notes below).
12. Re-inflate the air cuff as in Step 8 above, holding the stretch for 10 minutes (see notes below).
13. Release the stretch by deflating the air cuff.
14. You have completed one stretching session with the ERMI Elbow Extensionater. We recommend that you repeat this protocol 3 to 4 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes¹.

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 to 4 sessions per week in weeks 3 and beyond.
- The 10 minutes of stretch followed by 10 minutes of relaxation and a final 10 minutes of stretching is the goal. 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 stretching and relaxing for similar periods of time until 30 minutes have passed.



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

See reverse side for Flexion instructions

For the Patient: Instructions for Use

To Work Flexion:

1. Loosen the hinges and place the ERMI Elbow Extensionater upside down on the table (Figure A).
2. Place your injured arm into the forearm shell with your palm facing the shell (Figure B).
3. With your upper arm touching the table, use your uninjured arm to rotate the forearm shell up toward your upper arm until your palm no longer touches the shell (Figure C).
4. Keep moving the shell until the back of your hand is snug against the empty air cuff and does not contact the forearm tray (Figure D).
5. Lock the hinges in this position.
6. Use the strap to keep the upper shell in position over the biceps (Figure E).
7. Using your opposite hand, squeeze the black bulb to inflate the air cuff and initiate stretching your elbow into flexion. Continue inflating the air cuff until you achieve a stretch that feels like the stretch your therapist gives you manually during in-clinic physical therapy sessions.
8. Hold the stretch for 10 minutes (see notes below).
9. To deflate the air cuff and reduce the stretching load to your elbow, depress the push-button valve integrated in the bulb handpiece (Figures F-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.
13. You have completed one stretching session with the ERMI Elbow Extensionater. We recommend that you repeat this protocol 3 to 4 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes¹.

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 to 4 sessions per week in weeks 3 and beyond.
- The 10 minutes of stretch followed by 10 minutes of relaxation and a final 10 minutes of stretching is the goal. 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 stretching and relaxing for similar periods of time until 30 minutes have passed.



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