
Learning Objectives

MedBridge Education
The Elbow: Hinge Reaction
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Chapter 1: Elbow Functional Understanding

The online learners will

- The elbow is an integral part of the Chain Reaction in all three planes of motion.
- Understanding that training and conditioning is consistent with what we would do in rehabilitation
To fully understand elbow function and elbow dysfunction we have to know what is going on with the rest of the body

Chapter 2: Elbow Functional Analysis

The online learners will

- A Chain Reaction™ description of how the “varus knee” reaction to the loading of the hip could possibly influence the entire Chain Reaction™ and ultimately the elbow
- The elbow gets loaded by the “intention of our task”
- We have to functionally know and understand how the big toe relates to the elbow
The elbow takes a tremendous amount of stress off the shoulder when functioning properly

Chapter 3: Elbow Analysis Debrief

The online learners will

- Understanding feeding the “other side” of the painful plane, then to the other planes, and finally to the painful plane of motion as a treatment strategy
- In function, the power should not come from “close to the elbow”
- Pump & Praise provides a multitude of opportunities to experience function
Elbow exercises should look like total body exercises . . . progressing to integrated isolation which logically takes away friends of the elbow

Chapter 4: Elbow Functional Training

The online learners will

- If the elbow gets out of sync in the Chain Reaction the opposite effect occurs
- In golf as in most other activities, the elbow is a transmitter of force
- The foot reacts to the ground . . . the hand reacts mostly to intention