



Immediate Post-Operative Phase (0-3 weeks)

Goals: Protect healing tissue, decrease pain/inflammation/slow muscle atrophy

Week 1:

- Maintain 90 degree elbow brace
- Compression dressing 2-3 days
- Cryotherapy
- Exercises
 - o Gripping, wrist AROM, shoulder isometrics (NO ER), biceps isometrics)

Week 2-3:

- Open brace 30-100 degrees
- Progress brace 5 degrees extension and 10 degree flexion per week
- Exercises
 - o Continue week 2 exercises, Tricep isometrics, elbow ROM in brace

Intermediate Phase (Week 4-7)

Goals: Gradual increase to full ROM, promote healing of repaired tissue, regain and improve muscular strength

Week 4:

- Brace: 0-125 degrees
- Exercises
 - o Progress shoulder program (AVOID ER until week 6)
 - o Light PREs for wrist/elbow (flexion, extension, pronation, supination)

Week 5:

- DC Brace
- Continue to progress exercises

Week 6

- AROM: 0-145 degrees without brace or full ROM
- Exercises
 - o Progress elbow strengthening
 - o Initiate shoulder ER
 - o Progress shoulder program

Week 7

- Initiate thrower's ten program
- Progress light isotonic program

Advanced Strengthening Phase (Week 8-13)

Goals: Increase strength, power, endurance, maintain full elbow ROM

Week 8

- Continue thrower's ten program
- Progress isotonic
- Initiate plyometrics

Return to Activity Phase

Goals: Continue to increase strength, power, and endurance of UL, gradual return to sport activity

Week 14:

- Maintain full elbow ROM
- Continue strengthening program
- Emphasis on elbow/wrist strengthening/flexibility

Week 16-20

- Initiate gradual throwing program
- Continue to progress all exercises
- Emphasis on stretching prior/post throwing