TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

888-9-TROPICAL www.TropicalMedicalGroup.com

Non-operative Rehabilitation Program for Elbow Injuries

I. Acute Phase (week 1)

Goals: - Improve motion
. Diminish pain and inflammation
- Retard muscle atrophy

Exercises

1. Stretching for wrist and elbow joint, stretches for shoulder joint
2. Strengthening exercises isometrics for wrist elbow, and shoulder musculature
3. Pain and inflammation control cryotherapy, ultrasound, and whirlpool

II. Subacute Phase (weeks 2-4)

Goals: Normalize motion
Improve muscular strength, power, and endurance

Week 2

1. Initiate isotonic strengthening for wrist and elbow muscles
2. Initiate exercise tubing exercises for shoulder
3. Continue use of cryotherapy, etc.

Week 3

1. Initiate rhythmic stabilization drills for elbow and shoulder joint
2. Progress isotonic strengthening for entire upper extremity
3. Initiate isokinetic strengthening exercises for elbow flexion/extension

Week 4

1 . Initiate throwers' ten program
2. Emphasize eccentric biceps work, concentric triceps and wrist flexor work
3. Program endurance training
4. Initiate light plyometric drills
5. Initiate swinging drills

III. Acute Phase (week 1)

Goals: - Preparation of athlete for return to functional activities

Criteria to Progress to Advanced Phase

1. Full nonpainful ROM
2. No pain or tenderness
3. Satisfactory isokinetic test
4. Satisfactory clinical exam

Weeks 4-5

1. Continue strengthening exercises, endurance drills, and flexibility exercises daily
2. Thrower's ten program
3. Progress plyometric drills
4. Emphasize maintenance program based on pathology
5. Progress swinging drills (ie, hitting)

Weeks 6-8

1. Initiate interval sport program once determined by physician
   Phase I program

IV. Return to Activity Phase (weeks 6-9)

Weeks 6 through 9 - when you return to play depends on your condition and progress, your
physician will determine when it is safe.

1. Continue strengthening program thrower's ten program
2. Continue flexibility program
3. Progress functional drills to unrestricted play