

Phase I – Maximum Protection

Day 0 to Day 10:

- Complete immobilization in 90° splint
- Sling for 6 weeks
- Shoulder pinches and cervical range of motion

Phase II – Progressive Stretching and Range of Motion

10 Days to 3 Weeks:

- Brace locked at 30 degrees for 4 weeks (re-evaluation)

Weeks 3 to 4:

- Discontinue brace at 6 weeks

Exercise progression

- Begin passive elbow extension to 0 degrees and active flexion to 30 degrees
- Begin active shoulder protraction/retraction

Week 4:

- ***Re-evaluation is essential to determine progress***

Weeks 4 to 6:

- Maintain program as previously outlined
- Begin opening brace 15 degrees each direction per week
 - Discontinue brace at 6 weeks

Exercise progression

- Initiate gradual range of motion progression with active assisted/passive flexion to full
- Initiate active assisted/passive pronation/supination

Phase III – Active Motion

Weeks 6 to 8:

- Discontinue brace at 6 weeks

Exercise progression

- Begin active range of motion of the wrist in all planes
- Begin prone scapular strengthening series (unweighted)
- Light resistance rotator cuff and scapular strengthening program
 - Avoid load specific to elbow flexion/extension and supination/pronation
- CKC progression beginning with quadruped
- Weighted prone scapular stabilization exercises

Phase IV – Strengthening

Weeks 8 to 10:

Exercise progression

- Continue with end range stretching
- Begin active range of motion of the elbow and wrist in all planes
- Advance rotator cuff and scapular strengthening program
- Advance CKC program with push-up progression (beginning with wall, table, knee, and regular)
- Begin wrist and forearm strengthening all planes

Weeks 12:

Exercise progression

- Begin isolated resisted triceps strengthening
- Begin global upper extremity gym strengthening program with gradual weight increase
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate plyometric drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

Months 4 to 6:

- Follow-up appointment with physician
- Initiate return to sport program per physician approval
- Full return to play between 4 to 6 months post-op

Revised 9/15