

ELBOW-LATERAL FASCIAL RELEASE

Post-Operative Protocol

Phase I – Maximum Protection

Day 0 to Day 10:

- 90° splint and sling for 10 days
- <u>Goals</u>
 - Ice and modalities to control inflammation

Phase II – Progressive Stretching and Active Motion

Day 10 to Week 6:

Limit active wrist extension

Exercise progression

- Initiate full passive elbow flexion and extension
- Prone scapular strengthening series (weight of arm only)
- \circ ~ Passive wrist and hand range of motion ~ limit active wrist extension

Phase III – Strengthening

Weeks 6 to 12:

Exercise progression

- Full elbow and wrist range of motion
- o Begin active wrist extension with gradual loading/strengthening
- o Rotator cuff/scapular strengthening program with gradual resistance progression
- o CKC program with quadruped weight-shifting

Phase IV – Advanced Strengthening and Plyometric Drills

Weeks 12 to 16:

Follow-up appointment with physician

Exercise progression

- o Continue with end range of motion stretching
- Advance RC-SS program
- Advance CKC/push-up progression
- Gym strengthening program as tolerated
- o Initiate plyometric drills (Bilateral to Unilateral)
 - Plyoball wall drills
 - Rebounder drills

Return to sport program

- Follow-up appointment with physician
- Initiate return to sport program when >90% strength test and negative clinical exam
- Return to full competition: 4 to 6 months

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www.meganwolfmd.com

Orthopaedics and Sports Medicine-Stratford 1901 Mooney St. Winston-Salem, NC 27103 Phone: 336-716-8091 Fax: 336-903-7841 Orthopaedics – West Park 1917 West Park Dr. N. Wilkesboro, NC 28659 Phone: 336-903-7845 Fax: 336-713-3244 Medical Plaza Miller 131 Miller St. Winston-Salem, NC 27103 Phone: 336-716-8200 Fax: 336-716-9841