

**Phase I – Maximum Protection**

**Day 0 to Day 10:**

- 90° splint and sling for 10 days

Goals

- 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)
- 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
- Begin active wrist extension with gradual loading/strengthening
- Rotator cuff/scapular strengthening program with gradual resistance progression
- CKC program with quadruped weight-shifting

**Phase IV – Advanced Strengthening and Plyometric Drills**

**Weeks 12 to 16:**

- Follow-up appointment with physician

Exercise progression

- Continue with end range of motion stretching
- Advance RC-SS program
- Advance CKC/push-up progression
- Gym strengthening program as tolerated
- 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

Revised 11/15