Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Elbow-Lateral Fascial Release
Post-Operative Protocol

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