

Phase I (Protection phase)

Precautions

- NO VALGUS STRESS ON THE ELBOW (No external rotation of shoulder, No combined abduction and external rotation of shoulder, No reaching out)
- Avoid grip or wrist strengthening against resistance (Pulleys with grip, hand weights)
- Elbow ROM in the plane of body

Week 1:

- Elbow is immobilized in a posterior plaster splint (elbow in flexion and wrist in neutral/supination and included in splint)
- Dressing change: 7-10 days after surgery

Week 2-6:

- Transition to Bledsoe elbow brace (locked in 60-100 in first 3 weeks and 15-110 in 4-6 weeks)
- Therapist supervised passive, elbow/wrist flexion exercises followed by active assisted and active starting at 4 weeks
- No grip strengthening or resistance exercises of wrist
- No pulley exercises or exercises involving hand gripping as they put stress on repair
- Scapular and shoulder isometric strengthening exercises with arm at side

Phase II (Active range of motion): weeks 6-12

- Wean the use of the Bledsoe Brace (between 4-6 weeks)
- Elbow, forearm and wrist active assisted and active ROM; wrist ROM initially with elbow in flexion and subsequently can be done with elbow in extension
- Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks
- End range stretching to start at 10 weeks
- Thrower's ten program: 8-10 weeks

Phase III: (Advanced strengthening) 3 months and beyond

- Advanced thrower's ten program: 10-12 weeks
- Weight lifting 3 months
- Return to throwing (Interval throwing program): 4.5 months
- Return to competition: 9-12 months