

Week 1-3 (after post-op visit):

- Transition from splint into a hinged elbow brace
  - ROM limits 0-90 degrees
    - Passive extension only, No active extension
    - Ok for active and passive flexion to 90 degrees
- Wrist and hand ROM with gripping exercises

Week 3-6:

- Progress to full active assisted elbow flexion
  - Full flexion places stress on the repair, so should progress in a slow controlled manner.
- Achieve full passive assisted (gravity/manual) elbow extension
- Continued exercises listed above

Week 6-10:

- Begin active elbow flexion and extension exercises
- No forced extension allowed
- Continue exercises listed above

Week 10-12:

- Resume routine daily activities
- Extension force limited to 15lbs

Week 12+:

- Resume full daily activities
- Full extension strengthening allowed
- Sport specific training with goal of returning to activity