

0-2 weeks

- No formal therapy
- Ice
- Sling for comfort only

2-3 weeks

- AROM elbow flexion/extension
- AROM pronation/supination
- AROM wrist flexion
- Gentle PROM wrist flexion with elbow flexed to 90 degrees
- Ice
- Desensitizing

3-6 weeks

- AROM wrist extension
- Light gripping (if pain free)
- Shoulder PRE's
- Biceps/Triceps (wrist cuff weights)
- Wrist flexion with dumbbell

6-12 weeks

- Wrist extension PRE's
- Supination/Pronation PRE's
- Gripping
- Stretch wrist extensors
- Stretch wrist flexors