

#### Phase I –Immediate Motion Phase

- Goals
  - Improvement of range of motion
  - Re-establishing full passive flexion
  - Retard muscular atrophy
  - Decrease pain/inflammation
- Day 1-3
  - Range of motion to tolerance (elbow flex/ext) (2 sets of 10/hourly)
  - Overpressure into extension (at least 10 degrees)
  - Joint mobilization
  - Gripping exercises with putty
  - Isometrics for wrist/elbow
  - Compression/ice hourly
- Day 4-9
  - range of motion ext/flex (at least 5-120)
  - overpressure into extension (4-5 times daily)
  - joint mobilization
  - continue isometrics and gripping exercises
  - continue use of ice
- Day 10-14
  - Full passive range of motion
  - ROM exercises (2 sets of 10) hourly
  - Stretch into extension
  - Continue isometrics

#### Phase II –Motion Maintenance Phase

- Goals
  - Maintain full range of motion
  - Gradually improve strength
  - Decrease pain/inflammation
- Week 2 to 4
  - ROM exercises (4-5 times daily)
  - Overpressure into extension –Stretch for 2 minutes (3-4 times daily)
  - Initiate PRE program (light dumbbells) elbow ext/flex
  - Wrist ext/flex
  - Continue use of ice post-exercise
- Week 4 to 6
  - Continue all exercises listed above
  - Initiate sport specific program