

**PHASE I (Weeks 0 – 2):**

- **Splint:** postoperative splint remains in place for first 10-14 days following surgery
- **Sling:** use for first 10-14 days while in splint

**PHASE II (Weeks 2 – 6):**

- **Brace (Only used if patient does not have full ROM):** hinged elbow brace provided at 10-14 days following surgery (at 1<sup>st</sup> postoperative visit)
  - Week 2: brace locked from 60 degrees to full flexion
  - Week 3: brace locked from 40 degrees to full flexion
  - Week 4: brace locked from 30 degrees to full flexion
  - Week 5: brace locked from 20 degrees to full flexion
  - Week 6: brace unlocked, full motion allowed
- **Range of Motion:**
  - Weeks 2-3:
    - PROM into flexion and supination
    - AAROM into extension and pronation
    - IMPORTANT → pronation/supination always performed at 90 degrees of flexion
  - Weeks 4-6:
    - Add AAROM into flexion (not supination)
    - Add grip exercises
    - IMPORTANT → pronation/supination always performed at 90 degrees of flexion

**PHASE III (Weeks 6 – 12):**

- **Brace:** none
- **Range of Motion:** progress as tolerated
- **Exercises:** initiate gentle elbow and forearm strengthening; no lifting/carrying > 5lbs, no repetitive use

**PHASE IV (12+ Weeks)**

- Progressive biceps strengthening as tolerated