

Physical Therapy Prescription for:

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**Diagnosis: Elbow Dislocation**

**Surgical Procedure: Medial/Lateral Repair**

**Date of Surgery:**

**Precautions:** No elbow ROM x 2 weeks (posterior splint at 90° x 2 weeks)

- No weight bearing (CKC) exercises for 8-12 weeks
- No excessive flexion for 8 weeks

**Immediate Post-Op (0-2 weeks) – PROTECTION PHASE:**

- No elbow ROM
- Wrist ROM, gentle shoulder ROM (AROM to start week 3), and gripping exercises

**Weeks 3 to 6 – RANGE OF MOTION PHASE:**

- Hinged ROM brace 30-90
- Gentle PROM elbow
- Shoulder strengthening with light dumbbells (emphasize rotator cuff & periscapular)

**Weeks 7 to 8 – EARLY STRENGTHENING PHASE:**

- Gradual increase ROM to 30-135, goal is full ROM by 12 weeks
- Initiate Thrower's Ten Program
- Initiate shoulder external rotation strengthening

**Week 10+ – ADVANCED STRENGTHENING PHASE:**

- Wean brace by week 12
- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm/wrist
- Continue shoulder program
- Initiate 2-hand plyometric drills, advance to 1-hand plyo drills as able (~2 weeks)
- When able to do 1-hand plyo drills, ok to start advanced Thrower's Ten Program
- Return to full activities ~ 4 months
- Return to play ~ 6 months

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Date