

Physical Therapy Prescription for:

label

Diagnosis: Elbow OCD Lesion
Surgical Procedure: Capitellar OCD
[] fixation [] OC autograft/allograft
Date of Surgery:
Eval & Treat: 2x/week x 12 weeksPhone: 212-305-3934
Fax: 212-305-4040
columbiaortho.org**Precautions/Limitations:**

- Excessive/aggressive motion for first 5 days
- No excessive elbow loading through exercise for 6 weeks
- No throwing or push-ups for 12 weeks

Weeks 0 to 2 (Immediate Postoperative Period – Maximum Protection Phase):

- Goals: decrease swelling and pain, restore full wrist ROM, prevent muscle atrophy, start gentle elbow ROM
- Immediate hand & wrist ROM, gripping exercises:
 - Putty/grip strengthening
 - Wrist flexor stretching
 - Wrist extensor stretching
 - Elevate hand to reduce swelling
 - Light elbow AAROM in bulky dressing

Weeks 2 to 6 (Goal: edema control, increase elbow ROM):

- Wrist curls
- Reverse wrist curls
- Neutral wrist curls
- Pronation/supination
- Active elbow flexion/extension (frequent – 5 min every hour)
- Light overpressure program into extension
- Goal: full PROM by 4-6 weeks

Weeks 6 to 12 (Goal: improve strength):

- Start gentle strengthening program for elbow
- Initiate resistance for biceps and triceps
- Stretching and ROM program for shoulder
- Core strengthening
- Maintain precautions with loading of the elbow
- Begin 2 handed plyometric program (chest pass, soccer throw, side to side) week 8

Weeks 12+ (Goal: return to throwing):

- Start long throwing program
- Thrower's 10 – advance as able
- Running, agility drills
- Initiate 1 handed plyometric drills at week 10 (1 hand throws, 1 hand wall dribbles)
- May initiate a gradual light weight training program (home/gym)
- May begin interval training programs for return to throwing, tennis, golf, etc. at week 10

6 Months:

- Return to sport (if full painless ROM, symmetric isokinetic testing, satisfactory clinical exam, physical therapist directed successful completion of program.

