

Physical Therapy Prescription for:

label

Diagnosis:**Surgical Procedure:** Removal of hardware
elbow, manipulation under anesthesia**Date of Surgery:****Eval & Treat:** 2x/week x 12 weeks

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

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

Weeks 2 to 4 (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 at end of week 3
- Start shoulder program week 3

Weeks 4 to 10 (Goal: improve strength)

- Continue AAROM/PROM exercises for elbow
- Initiate resistance for biceps and triceps
- Stretching and ROM program for shoulder

- Core strengthening
- Maintain precautions with loading of the elbow

Weeks 10 to 14 (Goal: return to lifting):

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

Lauren Redler

Lauren H. Redler, M.D.

Date