

Physical Therapy Prescription for:

label

Diagnosis: Radiocapitellar plica
Surgical Procedure: Elbow
arthroscopy, plica excision
Date of Surgery:
Eval & Treat: 2x/week x 12 weeks

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Precautions/Limitations:

- Excessive/aggressive motion for first 5 days
- No excessive elbow loading through exercise for 8 weeks
- No throwing for 10 weeks

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 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 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

- Start Thrower's 10 program week 4
- Ok to start running at week 4

Weeks 4 to 10 (Goal: improve strength)

- Continue AAROM/PROM exercises for elbow
- Initiate resistance for biceps and triceps
- Continue Thrower's 10 program
- 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 10 to 14 (Goal: return to lifting):

- Advanced Thrower's 10 program
- 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
- Return to sport (if full painless ROM, symmetric isokinetic testing, satisfactory clinical exam, physical therapist directed successful completion of program.



Lauren H. Redler, M.D.

Date