

Phase 1 - Postop Week 1

Arm immobilized at 90 degrees to allow early wound healing.
Finger, wrist, and shoulder motion encouraged.

Phase 2 - Postop Weeks 1 to 3

Postop brace - Locked at 30 degrees.
Active and active assisted Range of Motion (ROM) - 30 to 90 degrees.
Begin isometrics including supination/pronation.
Shoulder - Peri-scapular strengthening, - Rotator cuff protocol.

Phase 3 - Postop Weeks 3 to 6

Open postop brace progressively 10 degrees per week.
Full ROM by week 6.
Elbow active ROM strengthening - All planes.

Phase 4 - Postop Weeks 6 to 10

Discontinue postop brace when protective strength and FROM achieved.
Begin eccentric elbow strengthening.
Light sports allowed.

Phase 5 - Postop Weeks 10 to 14

Begin plyometric program.
Manual resistance training.
Begin interval throwing program at week 12.

Phase 6 - Return to play

Sport specific exercises.
Progress interval throwing program.
Return to competitive throwing at 6 months.