



Post Operative Rehabilitation Protocol Following Open Elbow Surgery, Radial Head Replacement/Resection

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Immediate Post Operative Phase (Week 0-1)

- **Goals**
 - Allow soft tissue healing
 - Decrease pain and inflammation
 - Retard muscular atrophy
- **Week 1**
 - Posterior splint at 90° elbow flexion with wrist free for motion (sling for comfort)
 - Elbow compression dressing
 - Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)

Phase II - Intermediate Phase (Week 3-7)

- **Goals**
 - Restore full pain free range of motion
 - Improve strength, power, endurance of upper extremity musculature
 - Gradually increase functional demands
- **Week 3-5**
 - Progress elbow ROM, emphasize full extension
 - Initiate flexibility exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexion
 - Initiate strengthening exercises for:
 - Wrist ext/flexion
 - Forearm supination/pronation
 - Elbow ext/flexors
 - Shoulder program (Thrower's Ten Shoulder Program)
- **Week 6-7**
 - Continue all exercises listed above
 - Initiate light sport activities

Phase III - Advanced Strengthening Program (Week 8-12)

- **Goals**
 - Improve strength/power/endurance
 - Gradually initiate sporting activities
- **Week 8-11**
 - Initiate eccentric exercise program
 - Initiate plyometric exercise drills
 - Continue shoulder and elbow strengthening and flexibility exercises
 - Initiate interval throwing program for throwing athletes



- **Goals**
 - Gradual return to activities
- **Week 12**
 - Return to competitive throwing
 - Continue Thrower's Ten Exercise Program

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____