Patrick J. McGahan, MD

**0-4 Weeks Post-Op: General Guidelines**

• Patient will be in rigid splint in elbow extension for two weeks.

**Stage I: (Week 3-6):**

• Patient fit with IROM elbow brace, to be worn at all times except bathing. Brace locked at 30 degrees — as specified by physician — for weeks 3-6

• Physical therapy starts week 4.

**Stage II: (week 6-8) Patient seen 2x/week**

**Precautions: No full elbow flexion stretch until 8 weeks post-op**

**No active triceps strengthening.**

• Begin elbow ROM exercises: full gradual passive extension allowed within patient tolerance

• Elbow flexion PROM to progress as follows: • Week 4: PROM to 75 degrees flexion

• Week 5: PROM to 90 degrees

• Week 6: PROM to 110 degrees

• Week 8: PROM to 130 degrees, etc.

• Full elbow extension achieved by approximately 8 weeks post-op.

• Begin AROM bicep activity without resistance

**Stage III: (week 9-12) Patient seen 1x/week**

**Full elbow AROM and PROM should be achieved**

**No active triceps resistance.**

• Begin AROM bicep activity with light resistance

• Open-chain rotator cuff strengthening can begin with light weights

**Stage III: (Week 13 to 6 months Post-op): Patient seen as needed**

**Goals for Discharge: Full strength of biceps, shoulder musculature**

• Gradual weight/theraband resistance training for triceps

• Closed-chain and co-contraction shoulder strengthening

• Gradual introduction of throwing activities and plyometrics as authorized per MD.