



Elbow Debridement
Physical Therapy Post Op Plan

Date of Surgery: _____

Surgeon: _____

Elbow Debridement
Physical Therapy Post Op Plan

	Interventions	Milestones
Phase 1 0-10 days	<ul style="list-style-type: none"> • Ice and modalities to control inflammation • Eliminate sling as tolerated • Begin passive progressing to active assisted elbow and wrist range of motion in all planes. Progress to full ROM as tolerated • Begin active shoulder protraction/retraction and scapular stabilization exercises 	<ul style="list-style-type: none"> • Good pain control • Control swelling
Phase II 10days to 4 wks	<ul style="list-style-type: none"> • Maintain program as outlined in weeks 0-10 days • Continue modalities to control inflammation • Initiate end range of motion stretching as tolerated in all planes • Begin active range of motion in elbow, wrist, and hand in all planes • Begin rotator cuff strengthening • Initiate wrist and hand strengthening • Begin proprioception drills emphasizing neuromuscular control 	<ul style="list-style-type: none"> • No increase in swelling • ROM 0-145 • ADL's painfree
Phase III wk 4-6	<ul style="list-style-type: none"> • Modalities as needed • Continue with elbow and wrist terminal stretching in all planes • Resisted biceps, triceps, wrist and hand strengthening PRE's • Continue with rotator cuff and scapular strengthening program PRE's • Proprioception and neuromuscular control drills • Manual resistance and PNF patterns 	<ul style="list-style-type: none"> • ROM = to non-op side • No increase in swelling

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Phase IV wk 6-14	<ul style="list-style-type: none"> • Continue with end range stretching • Continue with strengthening as outlined in weeks 4 to 6 • Begin global gym strengthening program, progress as tolerated • Thrower's 10 if indicated <p>Starting wk 8-12:</p> <ul style="list-style-type: none"> • Initiate closed kinetic chain strengthening <ul style="list-style-type: none"> ○ Push-up progression ○ Seated serratus push-ups • Initiate plyometric drills <ul style="list-style-type: none"> ○ Plyoball wall drills ○ Double arm rebounder drills progressing to single arm ○ Progress UE power* 	<ul style="list-style-type: none"> • Resume gym program without increase in pain or swelling • Strength 80% of non op side • Total arc of motion same side to side
Phase V wk 14	<ul style="list-style-type: none"> • Initiate interval throwing program (*if cleared by MD) 	<ul style="list-style-type: none"> • Complete return to throwing program with equal total arc of motion and strength 10% side to side ER IR, no pain or swelling
Phase V continued to return to sport	<ul style="list-style-type: none"> • Sport specific drills/ position specific load progression • Continue endurance and power progression 	<ul style="list-style-type: none"> • Strength 10% greater than non-dominant, pass all functional tests at 97%

*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

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