

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> HEP daily	Edema and pain control Wrist, hand, shoulder ROM	Splint 60° flexion at all times	Wrist and hand ROM Gripping exercise Shoulder pendulum in splint Shoulder PROM exercises
<b>Weeks 2-6</b> PT 1-2x/week HEP daily	Edema and pain control ROM 0-90°	No active elbow extension Brace locked at 45° for ADL's	Gradually progress ROM 0-90° Active flexion, passive extension Continue wrist, hand, shoulder ROM Light isometric biceps at 60° flexion Scapular neuromuscular exercises
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Full ROM	Brace open 0-90° for ADL's DC brace at 8 weeks No lifting/moving objects >5lbs	Progress ROM 0-120° until 8 weeks A/AA/PROM no limits after 8 weeks
<b>Weeks 12-18</b> PT 2-3x/week HEP daily	Improve strength	No brace	Continue ROM Initiate triceps strengthening
<b>Weeks 18+</b> PT 1-2x/week HEP daily	Return to play Unrestricted activity	No brace Return to sport (MD directed)	Increase intensity and duration triceps Sport specific exercises