



# INOVA<sup>®</sup>

## Sports Medicine

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### Physical Therapy Protocol Following ECRB Debridement/Repair

#### **0-2 Weeks Post-Operative (Patient Responsibility):**

1. You will be immobilized sling for approximately 1-2 weeks after surgery.
2. You can begin gentle active range of motion of the elbow.

#### **2-4 Weeks Post-Surgery (Formal Physical Therapy):**

1. Begin elbow flexion and extension
2. Continue shoulder range of motion and therapy hand ball squeezes.
3. Begin active supination and pronation of the forearm. The elbow should be extended with nothing contained in the hand. The endpoint of pronation and supination should be a comfortable stretch.
4. Begin light ADL's with a cock-up wrist splint.
5. Begin isometric flexion and extension of the wrist.
  - Place the forearm and hand on a table with the palm facing up. Gently push down on the table with your hand without bending the wrist. Hold for 3 seconds and rest for three seconds. Repeat.
  - Turn the wrist so the palm is facing down. With the forearm and hand on the table push down with your hand without bending the wrist. Hold for 3 seconds and rest for three seconds. Repeat.
6. Begin active flexion / extension and radial / ulnar deviation of the wrist.
  - Wrist flexion - with the forearm and hand on the table, palm up, flex your wrist upward to a comfortable stretch.
  - Wrist extension - with the forearm and hand on the table, palm down, extend your wrist upward to a comfortable stretch
  - Radial deviation - with the forearm and hand on the table, palm down, move your wrist to the side your thumb is on. Attain a comfortable stretch.
  - Ulnar deviation - with the forearm and hand on the table, palm down, move your wrist to the side your pinky finger is on. Attain a comfortable stretch.

After the third week, you are allowed active motion of the elbow, including writing and activities of daily living. There is no lifting or carrying of any kind during this period.

**4-12 Weeks Post-Surgery:**

1. Continue wrist and elbow range-of-motion exercises (passive, active-assisted, active) as needed.
2. Use of modalities (ice, heat, electrotherapy) as needed.
3. Active elbow and wrist extension, flexion, radial deviation, ulnar deviation exercises with rubber band resistance as tolerated.
4. At 4 weeks, begin slow progressive strengthening exercises.
5. Grip strength exercises (grip ball squeeze, rice bucket, marble bucket, etc.)
6. At 8 weeks, begin sport specific exercises.

Return to work for those who perform light manual labor may be allowed by your doctor at 6 weeks. For those jobs involving strenuous labor, return to work is allowed at 3 months.

**3-6 Months Post-Surgery:**

1. You may discontinue physical therapy, unless otherwise directed by your doctor.
2. Gradual return to sports activities is allowed at 3 months or when cleared by your physician.