



ELBOW FLEXOR-PRONATOR REPAIR POST- OPERATIVE GUIDELINES

Phase 1: Weeks 0-2

PRECAUTIONS

- No elbow range of motion (ROM) beyond 90 degrees
- Protected elbow extension to 15 degrees, per surgeon discretion
- Immobilized at 90 degrees of elbow flexion
- No passive range of motion (PROM) by clinician

TREATMENT RECOMMENDATIONS

- Gentle elbow AROM within ROM precautions
- Gentle wrist AROM
- Scapular isometrics
- Cryotherapy

CRITERIA FOR ADVANCEMENT

- Elbow AROM 15-90 degrees
- Full wrist/hand/finger AROM

EMPHASIZE

- Protect surgical repair
- Reduce irritation
- Control edema and pain
- Familiarize with post-operative plan of care



ELBOW FLEXOR-PRONATOR REPAIR POST- OPERATIVE GUIDELINES

Phase 2: Weeks 3-4

PRECAUTIONS

- Gradually increase elbow AROM to tolerance
- No resistive elbow and wrist strengthening
- NO PROM by clinician

TREATMENT RECOMMENDATIONS

- Functional training
- Gentle wrist and elbow AROM/AAROM within precautions
- Shoulder AROM
- Scapular stabilization strengthening
- Gripping exercises
- Discharge brace/splint at 4 weeks

CRITERIA FOR ADVANCEMENT

- Full elbow AROM

EMPHASIZE

- Functional activities
- Reduction of tissue irritability
- Control swelling
- Protect repair



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Phase 3: Weeks 5-8

PRECAUTIONS

- No resistive elbow strengthening until week 8
- No resistive wrist strengthening
- Avoid any painful exercises
- Avoid closed chain exercises
- No PROM by clinician until 6 weeks

TREATMENT RECOMMENDATIONS

- Functional training
- Scar massage, as needed
- Wrist and elbow AROM
- Begin low-load, long duration stretch for elbow extension, as needed, at 6 weeks
- Scapular stabilization strengthening
- Shoulder isometrics
- Begin isotonic for shoulder and elbow at 6 weeks
- Gripping exercises
- Begin upper body ergometer (UBE) at 6 weeks

CRITERIA FOR DISCHARGE

- Pain-free ROM

EMPHASIZE

- Functional activities
- Reduction of tissue irritability
- Protect repair
- Reduce shoulder/elbow atrophy



ELBOW FLEXOR-PRONATOR REPAIR POST- OPERATIVE GUIDELINES

Phase 4: Weeks 9-12

PRECAUTIONS

- Avoid any painful exercises
- Avoid closed chain exercises until week 10

TREATMENT RECOMMENDATIONS

- Scar massage, as needed
- Scapular stabilization strengthening
- Advance isotonic for shoulder and elbow
- Begin shoulder external rotation (ER)/internal rotation (IR) strength at 0 degrees and 45 degrees of shoulder abduction
- Begin wrist/forearm strengthening
- Proprioceptive neuromuscular facilitation (PNF) patterns with monitoring for compensatory movements
- May begin eccentrics at 10 weeks
- May begin closed-chain progression at 10 weeks (wall to table to floor)
- UBE

CRITERIA FOR DISCHARGE

- Pain-free at rest and during exercise
- All upper extremity manual muscle testing graded 5/5

EMPHASIZE

- Upper extremity strength
- Upper extremity endurance



ELBOW FLEXOR-PRONATOR REPAIR POST- OPERATIVE GUIDELINES

Phase 5: Weeks 13-16

PRECAUTIONS

- Avoid painful plyometrics

TREATMENT RECOMMENDATIONS

- Soft tissue mobility as needed
- Scapular stabilization strengthening
- Advance isotonic for shoulder and elbow
- Begin shoulder ER/IR strength at 90 degrees of abduction
- Advance wrist/forearm strengthening
- Continue PNF and eccentrics
- Advance closed-chain activities
- UBE
- Endurance progression o Double-hand overhead wall taps
 - Single-arm 90/90 wall taps
 - Single-arm 12 o'clock to 3 o'clock wall taps
 - Exercise blade in multiple positions
- Begin plyometrics (during 4-week period) o Double-hand chest pass (week 12)
 - Double-hand overhead soccer pass (week 12)
 - Double-hand chops (week 13)
 - Single-hand IR at 0 degrees shoulder abduction (week 13)
 - Eccentric catch (week 14)
- Single-hand 90/90 IR (week 14)

CRITERIA FOR DISCHARGE

- Pain-free plyometrics and closed-chain activities

EMPHASIZE

- Restoration of full strength and flexibility
- Restoration of normal neuromuscular function
- Preparation for return to sport specific activity



ELBOW FLEXOR-PRONATOR REPAIR POST-OPERATIVE GUIDELINES

Phase 6: Weeks 17+

PRECAUTIONS

- Avoid painful plyometrics

TREATMENT RECOMMENDATIONS

- Soft tissue mobility as needed
- Continue upper extremity mobility/flexibility exercises
- Continue with advanced shoulder and scapular strengthening exercises
- Begin sports-specific programs o Return to golf (16 weeks)
 - Interval throwing program (16 weeks)
- Hitting program (20 weeks)

CRITERIA FOR RETURN TO PARTICIPATION

- Pain-free progression through interval sports program
- Independent with all arm care exercises

EMPHASIZE

- Initiation of interval sports program
- Return to sports participation