

Rehabilitation Protocol: Elbow Flexor-Pronator Repair

Date of Surgery: _____

Concomitant: ☐ UCL Repair/Reconstruction – follow the more conservative protocol ☐ Ulnar Nerve Transposition

Progression is criteria-based. Address cardiovascular endurance, trunk stability, and lower extremity strength throughout. Please contact our office with any questions or concerns.

☐ **Phase I – Protection (Weeks 0–2)**

- **Immobilization:** Posterior elbow orthosis at 90°, sling, and/or wrist brace as directed
- **Precautions:** No elbow ROM beyond 90°; protected extension to 15° (per surgeon); no clinician PROM
- **Therapeutic Exercises**
 - Gentle elbow AROM within limits; gentle wrist AROM; hand and finger AROM
 - Scapular isometrics
- **Criteria to Progress:** Elbow AROM 15–90°; full wrist/hand AROM

☐ **Phase II – Motion (Weeks 3–4)**

- **Brace:** Discharge brace/splint at 3–6 weeks
- **Precautions:** Gradually increase elbow AROM to tolerance; no resisted elbow or wrist strengthening; no clinician PROM
- **Therapeutic Exercises**
 - Gentle wrist and elbow AROM/AAROM; shoulder AROM
 - Scapular stabilization; functional training
- **Criteria to Progress:** Full elbow AROM

☐ **Phase III – Early Strengthening (Weeks 5–8)**

- **Precautions:** No clinician PROM until 6 weeks; no resisted elbow strengthening until 8 weeks; no resisted wrist strengthening; no closed chain
- **Therapeutic Exercises**
 - **Week 6+:** Low-load, long-duration stretch for extension as needed; shoulder and elbow isotonics; UBE
 - Shoulder isometrics; scapular stabilization; gripping exercises
- **Criteria to Progress:** Pain-free ROM

☐ **Phase IV – Strengthening (Weeks 9–12)**

- **Therapeutic Exercises**
 - Advance shoulder and elbow isotonics; ER/IR at 0° and 45° abduction
 - Wrist/forearm isometrics; PNF
 - **Week 10+:** Eccentrics; closed chain progression (wall, table, floor)
- **Criteria to Progress:** Pain-free at rest and with exercise; UE strength 5/5

☐ **Phase V – Advanced Strengthening and Plyometrics (Weeks 13–16)**

- **Therapeutic Exercises**
 - ER/IR at 90° abduction; wrist/forearm isotonics and proprioception; advance closed chain
 - Endurance: overhead, 90/90, and 12-to-3 o'clock wall taps; exercise blade
 - Plyometrics: two-hand chest and overhead pass (week 12), chops and single-hand IR (week 13), eccentric catch and 90/90 IR (week 14)

- **Criteria to Progress:** Pain-free plyometrics and closed chain activities

☐ **Phase VI – Return to Sport (Week 17+)**

- **Therapeutic Exercises**
 - Return to golf and interval throwing program at **16 weeks**; hitting program at **20 weeks**
 - Advanced shoulder and scapular strengthening; arm care program
- **Return to Sport:** Pain-free progression through interval sport program; independent with arm care program; physician clearance