

Postoperative Rehabilitative Protocol for Valgus Extension Overload with Posterior Decompression with Microfracture

Precautions:

- Excessive &/or aggressive motion first 5 days
- No excessive elbow loading through exercise for 4 months
- No weight bearing exercises or bench presses for 4-5 months
- No throwing for 6 months (unless specified by Physician)

I. Maximum Protection Phase (Weeks 1 to 6)

- Goals:** Restore full wrist and elbow ROM,
Decrease swelling & pain,
Promote healing of articular cartilage
Retardation or muscle atrophy

Days 1 to 5

- Begin gently moving elbow in bulky dressing
- Remove bulky dressing and replace with gauze pads & elastic bandages
- Immediate post-op hand & wrist ROM, gripping exercises
 - Putty/grip strengthening
 - Wrist flexor stretching
 - Wrist extensor stretching
 - Elevate hand to reduce swelling
 - Continue light elbow AAROM exercises in bulky dressing (3-4 x daily)

Post-op Day 5 through 7

- PROM & AAROM elbow extension & flexion (motion to tolerance)
- Begin PRE exercises with 1 lb weight
 - Wrist curls
 - Reverse wrist curls
 - Neutral wrist curls
 - Pronation/supination
 - Active elbow flexion & extension (frequent motion- 5min every hour)

Post-op Week 2 to 4

- Emphasize elbow ROM and restoring full ROM
- Begin light overpressure program into extension
- Perform AAROM & PROM frequently during the day to promote articular cartilage healing (5-10 min every hour)
- Full PROM at end of week 4
- Begin shoulder program week 2 to 3
- Thrower's Ten Program week 4
- Running program may begin week 4

Post-op Weeks 5 to 6

- Continue all exercises above
- Emphasis on restoration of full ROM
- If lacking full extension – low load long duration (LLLD) stretching
- Continue AAROM program for articular cartilage healing
- Pool program – light exercises in water (once incisions close)

II. Moderate Protection Phase (Weeks 7-12)

Goals: Protect articular cartilage healing
Promote articular cartilage healing
Restore/maintain Full ROM
Shoulder ROM & Strength

Weeks 7 -12

Continue AAROM & PROM exercises for elbow
Initiate light resistance for biceps & triceps
Continue Thrower's Ten Program
Stretching & ROM program for shoulder
Continue ROM exercises for elbow to promote articular cartilage healing
Perform elbow ROM exercises 10min every hour of the day
Core strengthening program
Still maintain precautions regarding loading of the elbow

III. Minimal Protection Phase (Weeks 13 -20)

Goals: Continue to promote articular cartilage healing
Protect elbow against excessive loading
Improve condition of entire UE & body

Weeks 13 to 20

Continue AAROM & PROM exercises (10 min – 10-12 x daily)
Thrower's Ten Program
ROM & Stretch Shoulder
Core Program
Running, agility drills etc
Precautions against excessive joint loading (weight bearing exercises,
Bench press, etc for 5 months)

IV. Gradual Return to Activity Phase (Weeks 21 & beyond)

Goals: Gradual return to activity/sport
Prepare patient for safe & successful return to sports

Weeks 21 -26

Continue Thrower's Ten Program
Continue stretching & flexibility exercises of elbow & shoulder
Initiate 2 hand light plyometrics at week 21
2 hand chest pass
2 hand soccer throw
2 hand side to side throws
Initiate 1 hand plyometric drills at week 23 to 24
1 hand throws
1 hand wall dribbles

Weeks 26 & >

Initiate interval throwing program at week 26 (**Physician will determine**)
Phase I Program
Able to perform light machine bench press
Able to perform push ups at week 26-28
Initiate Interval hitting program

Month 7-8

Initiate Interval throwing program (Phase II, off the mound)

Month 9

Gradual return to competition