

Postoperative Rehabilitative Protocol for Valgus Extension Overload with Posterior Decompression

I. Initial Phase (Week 1)

Goal:

Full wrist and elbow ROM, decrease swelling, decrease pain, retardation or muscle atrophy

Day of Surgery

Begin gently moving elbow in bulky dressing

Post-op Day 1 and 2

Remove bulky dressing and replace with elastic bandages

Immediate post-op hand, wrist, and elbow exercises

- Putty/grip strengthening
- Wrist flexor stretching
- Wrist extensor stretching
- Wrist curls
- Reverse wrist curls
- Neutral wrist curls
- Pronation/supination
- AIAAROM elbow ext1flex

Post-op Day 3 through 7

PROM elbow ext1flex (motion to tolerance)

Begin PRE exercises with 1 lb weight

- Wrist curls
- Reverse wrist curls
- Neutral wrist curls
- Pronation/supination
- Broomstick roll-up

II. Intermediate Phase (Week 2-4)

Goal: Improve muscular strength and endurance; normalize joint arthrokinematics

Week 2

Range of Motion exercises (overpressure into extension)

Addition of biceps and triceps extension

Continue to progress PRE weight and repetitions as tolerable

Week 3

Initiate biceps and biceps eccentric exercise program

Initiate rotator cuff exercises program

- External rotators
- Internal rotators
- Deltoid
- Supraspinatus
- Scapulothoracic strengthening

III. Advanced Phase (Week 4-8)

Goals: Preparation of athlete for return to functional activities

Criteria to progress to Advanced Phase:

1. Full nonpainful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam

Weeks 4 through 6

Continue maintenance program, emphasizing muscular strength, endurance, & flexibility

Initiate Interval Throwing Program Phase

Note: May take 8 to 12 weeks to begin throwing