

Post Operative Rehabilitation Protocol Following Wrist Flexor/Pronator Release/Debridement and Extensor Release Attachment

I. IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)

Goals:

Protect healing tissue
Retard muscular atrophy

Post-Operative Week 1

Wrist splint for 14 days

Range of Motion- Wrist PROM extension/flexion
avoid excessive stretching into wrist extension/flexion 4-6 weeks
Elbow compression dressing 3-5 days

Exercises:

Elbow PROM
Shoulder PROM
Shoulder Isometrics (Flexion, Abduction, Extension)
Cryotherapy (4-5 times a day)

Post-Operative Week 2

Brace: wrist splint

Exercises:

Continue all exercises listed above
Initiate Biceps/ Triceps Isometrics
Light wrist PROM
Scar mobilizations
Soft tissue

Post-operative Week 3

Shoulder PROM
Elbow active assisted ROM
Light wrist flexor/extensor stretch

II. INTERMEDIATE PHASE (Week 4-10)

Goals:

Graduate increase to full ROM
Promote healing of repaired muscle tissue
Regain and improve muscular strength

Week 4-6

Brace: Elbow ROM 10-120 degrees
Wrist ROM 75-80 degrees

Exercises:

Continue with all exercises above
Elbow PROM, AAROM
Initiate active ROM wrist and elbow (no resistance)
Begin light resistance exercises for arm (1 lb.)
Wrist curls, extensions, pronation, supination

Elbow extension/flexion
Progress shoulder program emphasize rotator cuff strengthening
ER/ IR tubing
Sidelying external rotation
Initiate gentle wrist stretching to end range
Scar mobilization

Week 7

AROM: 0-145 degrees without brace or full ROM

Exercises:

Progress elbow strengthening exercises
Progress shoulder program to Thrower's Ten (Light)

Week 8-10

Progress light isotonic program for wrist musculature

III. ADVANCED STRENGTHENING PHASE (Week 10-16)

Goals:

Increase strength, power, endurance
Maintain full elbow ROM

Week 10

Exercises:

Initiate eccentric elbow flexion/extension
Continue isotonic program: forearm and wrist
Continue shoulder program –Thrower Ten Program
Manual resistance diagonal patterns
Continue stretching program, especially elbow extension

Week 13

Exercises:

Continue all exercises listed above
Initiate plyometrics (2 hands drill)
Initiate one hand throws at 15 weeks

IV. RETURN TO ACTIVITY PHASE (Week 16-32)

Goals:

Continue to increase strength, power, and endurance of upper extremity musculature
Gradual return to sport activities

Week 16

Exercises:

Continue strengthening program
Emphasis on elbow and wrist strengthening and flexibility exercises
Maintain full elbow ROM
Initiate sport specific training

Week 16

Exercises:

Initiate interval sport program (Phase I)
Continue all exercises
Stretch before and after throwing

Week 22-24

Exercises:

Programs to Phase II sports (throwing) once completed Phase I
Continue all exercises
Stretch before and after throwing

Week 30

Exercises:

Progress to competitive sports throwing