

Post Operative Rehabilitation Protocol Following Wrist Flexor/Pronator Release/Debridement

IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)

Goals:

Protect healing tissue
Retard muscular atrophy

Post-Operative Week 1

Posterior splint at 90 degrees elbow flexion for 14 days

Range of Motion- Wrist PROM extension/flexion
avoid stretching into wrist extension 4-6 weeks

Elbow compression dressing 3-5 days

Exercises:

Gripping (light)
Wrist PROM
Shoulder Isometrics (No shoulder ER)
Cryotherapy

Post-Operative Week 2

Brace: continue posterior splint at 90 degrees

Exercises:

Continue all exercises listed above
Elbow passive
Initiate elbow extension isometrics
Biceps isometrics
Wrist ROM

Post-operative Week 3

D/C posterior splint
elbow active assisted ROM
light wrist flexor/extensor stretch

I. 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

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
 External/ Internal rotation 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

Week 8-10

Progress light isotonic program for wrist musculature

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

II. 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 18-20

Exercises:

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

Week 22-24

Exercises:

Progress 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