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Phase I: Early ROM and Protect Repair – 0-2 Weeks Post-Op

- Postoperative splint to be removed within 1 week post op
- Removable wrist splint to be worn at all times after post op splint removal except for exercises and bathing
- No strengthening
- May begin AROM and PROM of the shoulder, elbow, wrist, and hand
- Monitor, ice and elevate extremity to minimize swelling

Phase II: Full ROM – 2-6 Weeks Post-Op

- Continue to wear wrist splint for activities of daily living
- No strengthening or repetitive exercises
- Gradually increase AROM and PROM exercises with goal of full ROM at 4-6 weeks post op
- Begin shoulder isometrics (scapula, abduction, ER, and avoid IR resistance)

Phase III: Strengthening – > 6 weeks Post-Op

- Discontinue wrist splint and start wearing elbow strap or counterforce brace until asymptomatic with full ROM and strength
- If new exercises cause pain fall back for 1-2 weeks into the previous phase
- Continue ROM and add strengthening exercises starting with isometrics and advance resistance and eccentric training as tolerated
- Use pain modalities as needed
- Full return to activities and sport is typically at 12 weeks post op