

- **Phase I- Acute /Beginning Phase (Weeks 1-2)**

- **Week 1**

- Rest
 - Ice
 - Compression

- **Week 2**

- Remove stitches at end of week 2
 - Goals
 - Protect Incision
 - Limit Inflammation
 - Restore Wrist/Elbow ROM
 - Modalities
 - Cryotherapy
 - Exercises
 - Use compression wrap to limit inflammation/swelling
 - PROM shoulder/wrist/elbow
 - AROM wrist- no supination
 - Shoulder isometrics- ER, IR, AB, Flex, Ext
 - ***Criteria to progress to stage II***
 - Full wrist PROM
 - Minimal swelling

- **Phase II – Intermediate Phase (weeks 3-6)**

- *** Stretch elbow/wrist before and after therapy***
- Goals
 - Strengthen wrist musculature
 - Begin to re-establish shoulder strength
- Modalities
 - MHP
 - Ultrasound
 - Cryotherapy
- Exercises
 - Continue use of compression to limit swelling
 - Begin ER/IR tubing at 0 deg Abduction
 - Scaption
 - Abduction
 - Prone Row
 - Prone Hor. Abduction
 - Prone scaption w/ ER
 - Prone extension
 - Bicep curls
 - Tricep extension
 - Wrist flex/ext
 - Supination/Pronation
 - Light Gripping Activities

- ***Criteria to progress to Phase III***
 - Full non-painful wrist/elbow AROM
 - No inflammation during or post-exercise
 - Satisfactory Manual Muscle test
- **Phase III- Advanced Phase (weeks 6-8)**
 - ***Stretch elbow/wrist before and after workout***
 - Goals
 - Continue to improve shoulder/elbow/wrist strength
 - Prepare athlete for return to sports program
 - Modalities
 - MHP
 - Cryotherapy (post exercise)
 - Exercises
 - Continue all exercises from Phase II
 - Machine Bench Press
 - Lat Pulldowns
 - Machine Row
 - 2 arm plyometrics
 - Chest pass, soccer throw, side-to-side throws
 - 1 arm plyometrics
 - Wall dribble, 90-90 throw, 90-90 wall throw
 - ***Criteria to progress to Phase IV***
 - Satisfactory MMT
 - No pain or inflammation with exercises or post exercises

- **Phase IV-Return to sport**

- ***Stretch before and after workout***
- Must be cleared by MD prior to initiating return to sport program
- Continue all exercises
- Initiate throwing/ hitting program