



Patient Name: _____

Date of Surgery: _____

PT Duration: _____ / Week _____ Week

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-1 No formal PT	Edema and pain control	Sling and cockup wrist splint at all times (except bathing)	Hand ROM only x 1 week
Weeks 1-4 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Full elbow and wrist ROM by week 4	Cockup wrist splint all times (except bathing and exercises) DC sling at 2 weeks No active wrist extension No lifting >1lb No concentric/eccentric exercises	Emphasize restoration ROM Progressive AA/PROM elbow/wrist/hand Initiate shoulder program Gentle submaximal isometrics at 2 weeks
Weeks 4-8 PT 1-2x/week HEP daily	Full ROM Improve strength	No lifting >5lbs Counterforce brace	Advance ROM (end-range over pressure) Advance isometrics Light concentric/eccentric at 6 weeks
Weeks 8-12 PT 1-2x/week HEP daily	Improve strength	Avoid too much too soon Counterforce brace prn	Continue above Advance strengthening Begin task-specific functional training

Physician's Signature

Date

