

## **ECRB/ FLEXOR PRONATOR REPAIR PT Protocol**

### **Phase I:**

0-2 weeks post op

Healing phase with protection in a splint, elbow flexed.

### **Phase II:**

2-6 weeks HEP Only

D/C splint. Wrist brace in neutral position until 6 weeks postop - avoid wrist extension/flexion.

May do active and passive elbow range of motion to tolerance with wrist brace. Avoid repetitious use of hand (i.e. keyboard/ texting typing, strenuous gripping)

### **Phase III:**

6-12 weeks

Begin formal physical therapy.

May D/C brace at 6 weeks postop and begin active wrist extension/flexion.

Increase elbow and wrist ROM to full with emphasis on stretching/flexibility exercises.

Isometric hand/wrist/elbow/shoulder strengthening initially.

Progress to concentric and eccentric strengthening exercises for elbow, forearm, and wrist.

May begin plyometrics.

### **Phase IV:**

3+ months

Progress isotonic strengthening

Initiate sports related drills and functional strengthening exercises

Return to full activity and work (manual labor duties) by 4 months postop.