

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

## Elbow Debridement Prepared for Dr. Wyland

### **Phase I – Maximum Protection (0 to 1 Week):**

#### **O to 1 Week:**

- Ice and modalities to control inflammation
- Eliminate Sling as Tolerated
- Begin passive progressing to active assisted elbow and wrist range of motion in all planes. Progress full ROM as tolerated
- Begin active shoulder protraction/retraction and scapular stabilization exercises

### **Phase II – Progressive Stretching and Active Motion (Weeks 1 to 4):**

#### **Weeks 1 to 4:**

- Maintain program as outlined in weeks 0 to 1
- Continue modalities to control inflammation
- Initiate end range of motion stretching as tolerated in all planes
- Begin active range of motion in elbow, wrist, and hand in all planes
- Begin rotator cuff strengthening
- Initiate wrist and hand strengthening
- Begin proprioception drills emphasizing neuromuscular control

### **Phase III – Strengthening Phase (Weeks 4 to 6):**

#### **Weeks 4 to 6:**

- Modalities as needed
- Continue with elbow and wrist terminal stretching in all planes
- Resisted biceps, triceps, wrist and hand strengthening
- Continue with rotator cuff and scapular strengthening program
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns

### **Phase IV – Advanced Strengthening and Plyometric Drills (Week 6 to 10):**

#### **Weeks 6 to 10:**

- Continue with end range stretching
- Continue with strengthening as outlined in weeks 4 to 6
- Begin global gym strengthening program, progress as tolerated

#### **Weeks 8 to 10:**

- Initiate closed kinetic chain strengthening
  - Push-up progression
  - Seated serratus push-ups
- Initiate plyometric drills
  - Plyoball wall drills
  - Double arm rebounder drills progressing to single arm

### **Phase V – Interval Throwing Program**

#### **Week 10 to 12:**

- Follow-up Appointment With Physician
- Initiate Interval Throwing Program Per Physician Approval