

Phase I – Immediate Post Surgical Phase (10-14 days after surgery):

Goals: protect repair, early restoration of ROM

☐ **First Postoperative Visit (10-14 days after surgery):**

- The patient will be placed in a hinged elbow brace locked to limit your range of motion.
- Brace will be set with a 60 degree extension block.
- The block on the brace may be extended by 10-15 degrees, weekly, in therapy.
- Passive flexion is encouraged.
- Gentle ROM within the brace is encouraged.

Guide for extension block:

10 - 14 days post-op	Extension block set to 60 degrees.
3 weeks post-op	Extension block increased to 50-45 degrees.
4 weeks post-op	Extension block increased to 40-35 degrees.
5 weeks post-op	Extension block increased to 30-25 degrees.
6 weeks post-op	Extension block increased to 20-15 degrees.

Phase II (2-4 weeks after surgery):

☐ **The following range of motion within extension block is permitted:**

- **PROM** for elbow flexion and supination
- **AROM** for elbow extension and pronation
- **AROM** for shoulder

Phase III (5-6 weeks after surgery):

☐ **Brace will be discontinued by Dr. Hoepfner**

- **AROM** for elbow flexion, extension, supination and pronation
- **Progressive strengthening** may be initiated for the elbow, wrist, and hand starting at 6 weeks post-operatively
- **Progress** to more aggressive interventions for ROM if full range has not been achieved by 8 weeks post-operatively.

Phase IV (10-12 weeks after surgery):

- ☐ **Continue with therapy and home exercises** if needed to achieve strength requirements for sport/work/etc.
- ☐ **Expected time to fully recover** is 3-4 months post-operatively.