



**Justen Elbayer MD**

Orthopedic Surgery Sports Medicine

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Procedure: \_\_\_\_\_

Notes: \_\_\_\_\_

▪ **Weeks 0-2**

- Weightbearing:
  - Non-weightbearing with splint/brace locked at 90 degrees
- Brace:
  - All the time
- ROM:
  - Passive:
    - 0
  - Active:
    - 0
- Exercises:
  - None

▪ **Weeks 3-6**

- Weightbearing:
  - Non-weightbearing
- Brace:
  - All the time, including therapy. Can remove for hygiene.
- ROM:
  - Passive:
    - General guideline, but can progress as tolerated
      - Week 3: 0 (full flexion) – 60
      - Week 4: 0 – 75
      - Week 5: 0 – 90; begin supination/pronation and advance to full
      - Week 6: 0 – 115; begin supination/pronation and advance to full
  - Active:
    - Active assist extension/triceps allowed
    - No active flexion of elbow or supination of wrist
- Exercises:
  - Wrist and shoulder ROM both passive and active
  - Shoulder isometrics
  - Wrist isometrics

▪ **Weeks 7-9**

- Weightbearing:
  - Non-weightbearing
- Brace:
  - Discontinue brace
- ROM:
  - Passive:
    - Attain full motion

- Active:
  - Active extension
  - Active assist of flexion, no supination
- Exercises:
  - Continue rotator cuff and periscapular strengthening
  - Gentle biceps flexion without resistance
- **Weeks 10-12**
  - Weightbearing:
    - Non-weightbearing
  - Brace
    - Discontinue brace
  - ROM:
    - Passive:
      - Attain full motion
    - Active:
      - Active extension
      - Active flexion, active assist supination
  - Exercises:
    - Continue rotator cuff and periscapular strengthening
    - Begin gentle extension strengthening against resistance
    - Gentle biceps flexion and supination without resistance
- **Weeks 12-16**
  - Weightbearing:
    - Allow for gentle weightbearing (cup of coffee, bottle of water, etc.)
  - ROM:
    - Passive:
      - Full
    - Active:
      - Full
  - Exercises:
    - Continue shoulder/periscapular stabilization and strengthening
    - Continue extension strengthening
    - Gentle resistance strengthening of flexion
- **4 mo – 6 mo**
  - Weightbearing:
    - Continue to progress WB as tolerated (as long as there is no pain)
  - ROM:
    - Full active and passive
  - Exercises:
    - Continue gentle elbow and wrist strengthening
- **> 6 mos**
  - Return to full activity



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