

HSS – ERPB

523 E 72nd St, 6th Fl
New York, NY

HSS – West Side

610 W 58th St
New York, NY

HSS – Brooklyn

148 39th St, 7th Floor
Brooklyn, NY

**DR. GABRIELLA ODE**

Sports Medicine & Shoulder Surgery

www.GabriellaOdeMD.com



www.gabriellaodemd.com

Ode Office Tel: 212.606.1403

Ode Office Fax: 917.260.4903

PHYSICAL THERAPY PROTOCOL SIMPLE ELBOW DISLOCATION

Procedure	Date of Injury: _____ R L B/L Elbow Dislocation
Plan	Physical Therapy for R L B/L Elbow 2-3x Per Week x 8 Weeks
General Guidelines	Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness. Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed
Phase I (Weeks 1-4)	Goals: ▪ Control edema and pain ▪ Early full ROM ▪ Protect injured tissues ▪ Minimize deconditioning Intervention: ▪ Continue to assess for neurovascular compromise ▪ Elevation and ice Intervention: ▪ Gentle PROM - working to get full extension ▪ Splinting as needed ▪ General cardiovascular and muscular conditioning program Strengthen through ROM ▪ Soft tissue mobilization if indicated – especially assess the brachialis myofascia ▪ Putty/grip exercises.

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Phase II (Weeks 5-8)	Goals: ▪ Control any residual symptoms of edema and pain ▪ Full ROM ▪ Minimize deconditioning Intervention: ▪ Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights ▪ Incorporate sport specific exercises if indicated ▪ Joint mobilization, soft tissue mobilization, or passive stretching if indicated ▪ Continue to assess for neurovascular compromise ▪ Nerve mobility exercises if indicated ▪ Modify/progress cardiovascular and muscular conditioning program
Phase III (Weeks 9-16)	Goals: ▪ Full range of motion and normal strength ▪ Return to preinjury functional activities ▪ Work on any deficits. Intervention: ▪ Interventions as above ▪ Modify/progress cardiovascular and muscular conditioning ▪ Progress sport specific or job specific training