

Hospital for Special Surgery
HSS-Main Campus
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Hospital for Special Surgery
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**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	<p>Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.</p> <p>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. 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</p>
Phase I (Weeks 1-4)	<p>Goals:</p> <ul style="list-style-type: none"> ▪ Control edema and pain ▪ Early full ROM ▪ Protect injured tissues ▪ Minimize deconditioning Intervention: ▪ Continue to assess for neurovascular compromise ▪ Elevation and ice <p>Intervention:</p> <ul style="list-style-type: none"> ▪ 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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<p>Phase II (Weeks 5-8)</p>	<p>Goals:</p> <ul style="list-style-type: none">▪ Control any residual symptoms of edema and pain▪ Full ROM▪ Minimize deconditioning <p>Intervention:</p> <ul style="list-style-type: none">▪ 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
<p>Phase III (Weeks 9-16)</p>	<p>Goals:</p> <ul style="list-style-type: none">▪ Full range of motion and normal strength▪ Return to preinjury functional activities▪ Work on any deficits. <p>Intervention:</p> <ul style="list-style-type: none">▪ Interventions as above▪ Modify/progress cardiovascular and muscular conditioning▪ Progress sport specific or job specific training