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**PHYSICAL THERAPY PROTOCOL  
 SIMPLE ELBOW DISLOCATION**

<b>Procedure</b>	<b>Date of Injury:</b> _____ R L B/L Elbow Dislocation
<b>Plan</b>	<b>Physical Therapy for R L B/L Elbow</b> 2-3x Per Week x 8 Weeks
<b>General Guidelines</b>	<p><b>Goal:</b> 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>
<b>Phase I (Weeks 1-4)</b>	<p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>▪ Control edema and pain</li> <li>▪ Early full ROM</li> <li>▪ Protect injured tissues</li> <li>▪ Minimize deconditioning Intervention:</li> <li>▪ Continue to assess for neurovascular compromise</li> <li>▪ Elevation and ice</li> </ul> <p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>▪ Gentle PROM - working to get full extension</li> <li>▪ Splinting as needed</li> <li>▪ General cardiovascular and muscular conditioning program Strengthen through ROM</li> <li>▪ Soft tissue mobilization if indicated – especially assess the brachialis myofascia</li> <li>▪ Putty/grip exercises.</li> </ul>

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<p><b>Phase II (Weeks 5-8)</b></p>	<p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>▪ Control any residual symptoms of edema and pain</li> <li>▪ Full ROM</li> <li>▪ Minimize deconditioning</li> </ul> <p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>▪ Active range of motion (AROM) exercises, isometric exercises, progressing to resisted exercises using tubing or manual resistance or weights</li> <li>▪ Incorporate sport specific exercises if indicated</li> <li>▪ Joint mobilization, soft tissue mobilization, or passive stretching if indicated</li> <li>▪ Continue to assess for neurovascular compromise</li> <li>▪ Nerve mobility exercises if indicated</li> <li>▪ Modify/progress cardiovascular and muscular conditioning program</li> </ul>
<p><b>Phase III (Weeks 9-16)</b></p>	<p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>▪ Full range of motion and normal strength</li> <li>▪ Return to preinjury functional activities</li> <li>▪ Work on any deficits.</li> </ul> <p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>▪ Interventions as above</li> <li>▪ Modify/progress cardiovascular and muscular conditioning</li> <li>▪ Progress sport specific or job specific training</li> </ul>