
Post Operative Rehabilitation Protocol Following Wrist Flexor/Pronator Release/Debridement and Extensor Release Attachment

I. IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)

Goals:

- Protect healing tissue
- Retard muscular atrophy

Post-Operative Week 1

Wrist splint for 14 days

Range of Motion- Wrist PROM extension/flexion
avoid excessive stretching into wrist extension/flexion 4-6 weeks
Elbow compression dressing 3-5 days

Exercises:

- Elbow PROM
- Shoulder PROM
- Shoulder Isometrics (Flexion, Abduction, Extension)
- Cryotherapy (4-5 times a day)

Post-Operative Week 2

Brace: wrist splint

Exercises:

- Continue all exercises listed above
- Initiate Biceps/ Triceps Isometrics
- Light wrist PROM
- Scar mobilizations
- Soft tissue

Post-operative Week 3

Shoulder PROM
Elbow active assisted ROM
Light wrist flexor/extensor stretch

II. INTERMEDIATE PHASE (Week 4-10)

Goals:

- Graduate increase to full ROM
- Promote healing of repaired muscle tissue
- Regain and improve muscular strength

Week 4-6

Brace: Elbow ROM 10-120 degrees
Wrist ROM 75-80 degrees

Exercises:

- Continue with all exercises above
- Elbow PROM, AAROM
- Initiate active ROM wrist and elbow (no resistance)
- Begin light resistance exercises for arm (1 lb.)
- Wrist curls, extensions, pronation, supination

Elbow extension/flexion
Progress shoulder program emphasize rotator cuff strengthening
ER/ IR tubing
Sidelying external rotation
Initiate gentle wrist stretching to end range
Scar mobilization

Week 7

AROM: 0-145 degrees without brace or full ROM

Exercises:

Progress elbow strengthening exercises
Progress shoulder program to Thrower's Ten (Light)

Week 8-10

Progress light isotonic program for wrist musculature

III. ADVANCED STRENGTHENING PHASE (Week 10-16)

Goals:

Increase strength, power, endurance
Maintain full elbow ROM

Week 10

Exercises:

Initiate eccentric elbow flexion/extension
Continue isotonic program: forearm and wrist
Continue shoulder program –Thrower Ten Program
Manual resistance diagonal patterns
Continue stretching program, especially elbow extension

Week 13

Exercises:

Continue all exercises listed above
Initiate plyometrics (2 hands drill)
Initiate one hand throws at 15 weeks

IV. RETURN TO ACTIVITY PHASE (Week 16-32)

Goals:

Continue to increase strength, power, and endurance of upper extremity musculature
Gradual return to sport activities

Week 16

Exercises:

Continue strengthening program
Emphasis on elbow and wrist strengthening and flexibility exercises
Maintain full elbow ROM
Initiate sport specific training

Week 16

Exercises:

Initiate interval sport program (Phase I)
Continue all exercises
Stretch before and after throwing

Week 22-24

Exercises:

Programs to Phase II sports (throwing) once completed Phase I
Continue all exercises
Stretch before and after throwing

Week 30

Exercises:

Progress to competitive sports throwing