
Post Operative Rehabilitation Protocol Following Wrist Flexor/Pronator Release/Debridement

IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)

Goals:

- Protect healing tissue
- Retard muscular atrophy

Post-Operative Week 1

Posterior splint at 90 degrees elbow flexion for 14 days

Range of Motion- Wrist PROM extension/flexion
avoid stretching into wrist extension 4-6 weeks

Elbow compression dressing 3-5 days

Exercises:

- Gripping (light)
- Wrist PROM
- Shoulder Isometrics (No shoulder ER)
- Cryotherapy

Post-Operative Week 2

Brace: continue posterior splint at 90 degrees

Exercises:

- Continue all exercises listed above
- Elbow passive
- Initiate elbow extension isometrics
- Biceps isometrics
- Wrist ROM

Post-operative Week 3

- D/C posterior splint
- elbow active assisted ROM
- light wrist flexor/extensor stretch

I. 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

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
 External/ Internal rotation 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

Week 8-10

Progress light isotonic program for wrist musculature

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

II. 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 18-20

Exercises:

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

Week 22-24

Exercises:

Progress 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