

**Dr. Pathik Shah**

***Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon***

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS

AOSSM Sports Surgery Fellowship (California, USA),

Fellowship in Joint and Trauma (Mumbai)

Diploma in Football medicine (FIFA)

## **ELBOW GENERAL PHYSICAL THERAPY PRESCRIPTION**

\_\_\_ Range of motion ( Active, Active Assisted, Passive ), Flex / Ex / Pro /  
Supination

\_\_\_ Passive stretching Wrist Extensors and Flexors  
Begin with Elbow flexed

Progress to stretching with Elbow in extension

\_\_\_ Strengthening: Begin if range of motion is near full: Biceps, Triceps, Wrist  
Flexors, Wrist Extensors Resisted pronation and supination.  
Can begin with isometric exercises, then progress to concentric and eccentric exercise as  
tolerated.

\_\_\_ Ice before and after rehab exercises

\_\_\_ Modalities (Stim. Ionto, US)