

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 PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Extensor Carpi Radialis Brevis Repair

Week 1-6: Healing Phase

- ___ Active / Active Assist / Gentle Passive ROM exercises elbow
- ___ Passive stretching wrist extensors
- ___ Begin with elbow flexed
- ___ Progress to stretching with elbow in extension
- ___ Ice before & after rehab exercises

Week 6 - 18: Functional Phase

- ___ Begin Isometric exercises
 - Begin with elbow flexed
 - Progress to elbow extension
- ___ Wrist extensor strengthening: up to 5 lbs.
- ___ Wrist flexor strengthening
- ___ Grip strengthening (tennis ball squeeze)
- ___ Goal is sprint repetitions to fatigue without pain
- ___ Ice before & after rehab exercises

****Anti-inflammatory modalities as needed throughout protocol**