



## Elbow Trauma Rehabilitation with Milestones (Ligaments Intact)

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Sling** - to worn for comfort only unless specified

### **Specific instructions:**

1. No passive stretching.

### 0-2 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early Elbow Rehabilitation Exercises.
- Early Closed Kinetic Chain Exercises.

### 2-6 weeks

- Progressive closed kinetic chain exercises.

### 6-12 weeks

- Open kinetic chain exercises.
- Isometrics strengthening.
- Theraband extension strengthening

### Milestones:

### Tick Box

- ❖ Light/sedentary work at 6 weeks.
- ❖ 100 Degrees arc of movement at 8 weeks
- ❖ Driving once range of motion and strength are restored

### 12 weeks

- Progressive theraband strengthening.
- Plyometrics.
- Return to sports.

### Milestones:

### Tick Box

- ❖ Heavy Manual work at 12 weeks
- ❖ Near full active range of motion at 12 weeks
- ❖ Return to sport (dependent on sport).

**Patient Appointment Notes**

**2 weeks**

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**6 weeks**

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**12 weeks**

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