



## Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

### **ARTHROSCOPIC ELBOW SURGERY:** **OCD/MICROFRACTURE**

#### **PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

\_\_\_\_ **Evaluate and Treat**                      \_\_\_\_ **Provide patient with home program**

**Frequency:** \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

Precautions:

- - Excessive &/or aggressive motion first 5 days
- - No excessive elbow loading through exercise for 4 months



- - No weight bearing exercises or bench presses for 4-5 months
- - No throwing for 6 months (unless specified by Physician)
- I. **Maximum Protection Phase (Weeks 1 to 6)**
  - **Goals:** Restore full wrist and elbow ROM, Decrease swelling & pain,
  - Promote healing of articular cartilage Retardation or muscle atrophy
  - **Days 1 to 5**
    - Begin gently moving elbow in bulky dressing
    - Remove bulky dressing and replace with gauze pads & elastic bandages
    - Immediate post-op hand & wrist ROM, gripping exercises
      - Putty/grip strengthening
      - Wrist flexor stretching
      - Wrist extensor stretching
      - Elevate hand to reduce swelling
      - Continue light elbow AAROM exercises in bulky dressing (3-4 x daily)
  - **Post-op Day 5 through 7**
    - PROM & AAROM elbow extension & flexion (motion to tolerance) Begin PRE exercises with 1 lb weight
      - Wrist curls
      - Reverse wrist curls
      - Neutral wrist curls
      - Pronation/supination
      - Active elbow flexion & extension (frequent motion- 5min every hour)
  - **Post-op Week 2 to 4**
    - Emphasize elbow ROM and restoring full ROM Begin light overpressure program into extension Perform AAROM & PROM frequently during the day to promote articular cartilage healing (5-10 min every hour)
    - Full PROM at end of week 4
    - Begin shoulder program week 2 to 3
    - Thrower's Ten Program week 4
    - Running program may begin week 4
  - **Post-op Weeks 5 to 6**
    - Continue all exercises above
    - Emphasis on restoration of full ROM
    - If lacking full extension – low load long duration (LLLD) stretching
    - Continue AAROM program for articular cartilage healing
    - Pool program – light exercises in water (once incisions close)
- II. **Moderate Protection Phase (Weeks 7-12)**
  - **Goals:** Protect articular cartilage healing Promote articular cartilage healing
  - Restore/maintain Full ROM Shoulder ROM & Strength
  - **Weeks 7 -12**
    - Continue AAROM & PROM exercises for elbow
    - Initiate light resistance for biceps & triceps
    - Continue Thrower's Ten Program
    - Stretching & ROM program for shoulder
    - Continue ROM exercises for elbow to promote articular cartilage healing
    - Perform elbow ROM exercises 10min every hour of the day
    - Core strengthening program
    - Still maintain precautions regarding loading of the elbow



**III. Minimal Protection Phase (Weeks 13 -20)**

- Goals: Continue to promote articular cartilage healing Protect elbow against excessive loading Improve condition of entire UE & body
- **Weeks 13 to 20**
  - Continue AAROM & PROM exercises (10 min – 10-12 x daily) Thrower's Ten Program  
ROM & Stretch Shoulder  
Core Program
  - Running, agility drills etc  
Precautions against excessive joint loading (weight bearing exercises, Bench press, etc for 5 months)

**IV. Gradual Return to Activity Phase (Weeks 21 & beyond)**

- Goals: Gradual return to activity/sport  
Prepare patient for safe & successful return to sports
- **Weeks 21 -26**
  - Continue Thrower's Ten Program  
Continue stretching & flexibility exercises of elbow & shoulder Initiate 2 hand light plyometrics at week 21
  - 2 hand chest pass  
2 hand soccer throw  
2 hand side to side throws
  - Initiate 1 hand plyometric drills at week 23 to 24 1 hand throws
  - 1 hand wall dribbles
- **Weeks 26 & >**
  1. Initiate interval throwing program at week 26 (**Physician will determine**)
- **Phase I Program**
  2. Able to perform light machine bench press
  3. Able to perform push ups at week 26-28 4. Initiate Interval hitting program
- **Month 7-8**
  - Initiate Interval throwing program (Phase II, off the mound)
- **Month 9**
  - Gradual return to full contact/throwing sporting competition without restriction

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

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

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**Bryan M. Saltzman, MD**