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Patient Name:

Date:

**Elbow Reconstruction Rehabilitation:
Radial Head Replacement, Coronoid
ORIF, Lateral Ligament Repair**

Goal: Regain full pain-free ROM of elbow and prevent shoulder and wrist stiffness.

Phase I

- Elbow active-assisted ROM for flexion and extension.
- Full supination/pronation allowed in >90 degs of flexion
- Hand in pronation when flexion <90 degs
- Week 1-2: 60-100
- Week 3-4: 50-110
- Week 5-6: 40-120
- Hinged elbow brace at all times except exercises
- Putty/grip exercises.
- Isometric strengthening exercises for the elbow and wrist.
- Cryotherapy 3x/day for 10-15min
- Modalities PRN

Phase III (7-12 weeks)

- Progress flexion/extension as tolerated
- Continue active and active assisted supination and pronation.
- Full pronation and supination should be achieved by the end of the 8th week.
- Progressively increase isotonic strengthening in flexion/extension and pronation/supination.
- Begin strengthening program.
- Work on any deficits.

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD