

Elbow Debridement

Phase I – Maximum Protection (0 to 1 Week):

- Ice and modalities to control inflammation
- Eliminate Sling as Tolerated
- Begin passive progressing to active assisted elbow and wrist range of motion in all planes. Progress full ROM as tolerated
- Begin scapular stabilization exercises

Phase II – Progressive Stretching and Active Motion (Weeks 1 to 4):

- Initiate end range of motion stretching as tolerated in all planes
- Active range of motion in elbow, wrist, and hand in all planes
- Rotator cuff strengthening isometrics progressing to TB
- Wrist and hand strengthening
- Proprioception drills emphasizing neuromuscular control

Phase III – Strengthening Phase (Weeks 4 to 6):

- Advance rotator cuff, and total arm strengthening program
- Proprioception and neuromuscular control drills

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 6 to 10):

- Closed kinetic chain progression
- Gym strengthening program with progression as tolerated
- Initiate plyometric drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

Phase V – Interval Throwing Program (Weeks 10 to 12)

- Follow-up appointment with physician
- Initiate interval throwing program with >90% strength test and negative clinical exam
- Return to competitive pitching 5-6 months