



Post-Operative Rehabilitation Capitellum Osteochondral Allograft Transplant

Phase I: Weeks 0-2

- Post-operative splint and Sling:
 - At all times including sleep.
- ROM:
 - No Elbow motion
 - ROM as tolerated of shoulder, wrist and hand.
- Exercises
 - Gentle active hand/wrist/shoulder ROM
 - No strengthening
 - Do no pick anything up in operative arm.

Phase II: Weeks 2-4 weeks

- Hinged Elbow Brace
 - 30° Extension block
 - Wear at all times including sleep.
 - May remove for hygiene only.
- ROM
 - Gentle active elbow flexion and extension 30-100 degrees
 - Active shoulder, wrist and hand ROM
- Exercises:
 - Gentle active hand/wrist/shoulder ROM
 - No strengthening
 - Do no pick anything up in operative arm.

Phase III: Weeks 4-6

- Hinged Elbow brace
 - Open; no ROM limitations
 - Wear at all times including sleep.
 - May remove for hygiene only.
- ROM:
 - Begin pronation/supination
 - Continue gentle elbow flexion and extension
 - Goal of full AROM at 6 weeks post-operative.

- Exercise
 - No strengthening

Phase IV: Weeks 6-12

- Discontinue Hinged Elbow brace
- ROM:
 - Full progressive ROM
- Exercises:
 - No elbow strengthening

Phase V: 3- 6 months

- ROM
 - Maintain full ROM
- Strengthening:
 - Begin gentle, progressive strengthening.
- Return to throwing at 6-9 months with MD Clearance