

Physical Therapy Prescription Elbow Olecranon Apophysitis

Patient Name:

Today's Date:

Surgery Date:

Dx: (LEFT / RIGHT) Elbow Olecranon Apophysitis (baseball pitcher)

GOAL: Achieve pain-free full active and passive elbow/forearm range of motion and strength

Achieve functional upper extremity strength

Achieve functional and sports-specific activities and training

PHASE I

- Wrist ROM
- Gripping exercises
- Wrist and Elbow Isometrics
- Manual Scapular Stabilization exercises

PHASE II

- Increase ROM
- Light Wrist and Elbow Isotonics
- Scapular and Shoulder strengthening
- Avoid External Rotation and Valgus stress at Elbow
- Progress Shoulder, Elbow, and Wrist Isotonic exercises
- Initiate Ergometric exercises for upper body

PHASE III

- Eccentric strengthening exercises – Wrist and Elbow
- Aggressive shoulder strengthening (overhead, rotator cuff)
- Ergometric endurance training
- Throwing patterns
- Aggressive upper body strengthening
- Plyometric training
- Endurance training
- Restoration of flexibility

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**