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REGENERATIVE ORTHOPAEDICS

ELBOW REHAB STRATEGIES for PRP, Bone Marrow INTRA TENDON/LIGAMENT injections

Patient Response:

Day 1-5: Inflammatory stage, can be moderate to severe pain.

Day 6-14: Diminishing pain and improving

Day 14- On: Sometimes no pain at all, improved quality of ROM

***Therefore, pain is not an indicator of the healing process!!!**

Goals:

- Initiate safe and gradual passive range of motion
- Diminish pain and inflammation, decrease muscle tightness and spasms
- Progress to strength and gradual return to sport when ready

Modalities:

- Do not heat or ice for 72 hours post injection, after ok.
- Manual therapies (deep tissue, ART, Graston) should be reserved for periphery, not directly to the injected site for first 4-6 weeks.
- U/S and TENS unit ok after 1st week post injection

RANGE OF MOTION

- **Week 1:** Begin PROM only for PT only in the first week
- **Week 2 and 4:** AAROM should get 90% of ROM without stretching by end of week 2
- **Week 3:** Begin gentle stretching
- **Week 4-6:** Can initiate stretching of elbow

STRENGTH: Progression of activity should be based on individual pain and tolerance to activity, not purely on time frame.

- **Week 1-2:** no strengthening, no activity, no modalities, Gentle PROM only
- **Week 2:** begin PROM and AAROM exercises within pain free range (no stretching).
Shoulder maintenance program: Jobe or Thrower's Ten exercises 1-2 lbs. weight. (Elbow in extension with shoulder exercises), PNF to shoulder only @ proximal hand placement only (humerus)
- **Week 3:** Initiate elbow, wrist and hand resisted exercises. Begin light tubing with chest press and rows
- **Week 4:** Progress Jobe exercises and add 3-4 lbs. light resistance tubing
- **Week 5:** Light Resistance PNF using distal hand placements and initiating elbow and wrist motions
- **Week 6-8:** progress to fast twitch and dynamic exercises (non-throwing med ball and tubing)
- **Week 8-9:** may begin controlled overhead return to sport activities (simulated towel drill, shadow drills). Progress to tow hand throwing med ball drills.
- **Week 9-10:** Progress to 50-75% of activity effort. (Short toss- long toss). Begin Interval Return to Sport program. Light contact and may begin closed chain exercises
- **Weeks 10-12:** Progress from 75%-90% in controlled setting. Return to contact
- **Weeks 12-15:** Gradual return to sport