

Physical Therapy Prescription

| Flexor/Pronator Mass Repair | | | |
|------------------------------------|------------------------|---|---|
| TIME PERIOD | RANGE OF MOTION | Splint/Brace & Weight bearing | EXERCISES |
| 0-1 weeks | None | Keep splint clean and dry No Weight Bearing | Wrist and hand ROM. Pendulums for shoulder. |
| 1-2 weeks | 0-110 | Hinged Elbow Brace 0-110 degrees at all times except for showering No Weight Bearing | Passive and active assist elbow and wrist range of motion Ok to move shoulder freely, Work on Scapular Stabilization and shoulder Strength |
| 3-6 weeks | Full | Hinged Elbow Brace 0-140 No lifting greater than 1 pound | Active wrist ROM (no resistance initially, progress to up to 11b of resistance at 6 weeks) Gentle wrist stretching |
| 7-18 weeks | Full | Brace for comfort only if desired | Initiate eccentric wrist and elbow strengthening, gradually progress strengthening. Chipping/putting at 12 weeks |
| 19+ weeks | Full | No brace | Advance all activities as tolerated |

*****Begin physical therapy at 1 week post op**

Dane Todd, MD
 Questions please call: # 402-488-3322
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Patient Name: _____

Surgery Date: _____

Diagnosis: status post Flexor/Pronator Mass Repair
 Side (Circled): Right Left

Physical therapy to evaluate and treat for post op Flexor/Pronator Mass Repair using the above protocol. 1-2x per week for 10 weeks. Modalities PRN. Ok for Blood Flow Restriction.

Notes: _____

MD signature: _____