

Phase 4- Strengthening Phase

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| Weeks 6-8 | ROM <ul style="list-style-type: none"> ∇ 6 weeks: Discharge brace ∇ Joint mobilizations as needed at end range with distraction ∇ Continue to gain elbow extension ROM ∇ AAROM progressing to AROM elbow flexion, supination in pain-free range (gravity reduced progressing to against gravity) ∇ AAROM- AROM shoulder flexion (unloaded) |
| Interventions | <ul style="list-style-type: none"> ∇ Initiate UBE forward direction, using vertical handholds ∇ Prone scapular stabilizing exercises- retraction, ext, rows, Ts <ul style="list-style-type: none"> ○ Avoid loading the biceps with a weight during rows ∇ Triceps and posterior deltoid strengthening |

Phase 5 – Advanced Strengthening Phase

Weeks 8-12

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| Interventions | <ul style="list-style-type: none"> ∇ AROM elbow flexion, supination ∇ Consult surgeon if considering BFR in this phase AROM shoulder flexion ∇ KYY_8. Biceps isotonic initiated submaximally at shoulder flexion PRE's initiated ∇ Progress scapular stability ∇ UE weight shifts on table |
| Goals | <ul style="list-style-type: none"> ∇ 5/5 shoulder flexion, abduction, ER, IR strength ∇ Full ROM of elbow in supination and extension ∇ No reactive effusion/exacerbation with biceps PRE's |



Phase 6 – Functional Activity Phase

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| 3+ Months | Continue to strengthen biceps and surrounding musculature Progress both WB and NWB strengthening activities Integrate functional strengthening Initiate light plyometrics at 16 weeks |
| RTS Criteria | Clearance from physician Completion of strengthening and plyometrics Successful completion of throwing program < 10% strength deficit of affected side (HHD) |

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References:

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