

Little Leaguer's Elbow Nonoperative Rehab Protocol

REHAB PROTOCOL

Acute Inflammatory Phase: 0-2 weeks

Goals	<ul style="list-style-type: none"> Decrease acute inflammation and pain Prevent stiffness and improve range of motion
Modalities	<ul style="list-style-type: none"> Ice Anti-inflammatory medications Therapies per PT discretion
Range of Motion	<ul style="list-style-type: none"> Progress elbow and forearm range of motion as tolerated Address any shoulder motions limitations Address and improve hip motion
Strengthening	<ul style="list-style-type: none"> Core strengthening Scapular strengthening

Subacute Inflammatory Phase: Week 2-6

Goals	<ul style="list-style-type: none"> Restore full, non-painful range of motion Initiate light strength/resistance training
Modalities	Continue as above
Range of Motion	<ul style="list-style-type: none"> Continue as above
Strengthening	<ul style="list-style-type: none"> Core strengthening Scapular strengthening Initiate light elbow, forearm and wrist isometric/isotonic strengthening Initiate rotator cuff strengthening <ul style="list-style-type: none"> Avoid excessive internal rotation strengthening as this applies an extensive valgus force at the elbow
Sport Activities	<ul style="list-style-type: none"> Ok to begin interval hitting program if no elbow pain

Return to Throwing Phase: Week 6+

Criteria	<ul style="list-style-type: none"> Cleared by both Dr. Schuette and physical therapist <ul style="list-style-type: none"> Full, painless ROM and painless/normal clinical exam
Range of Motion	<ul style="list-style-type: none"> Continue as above
Strengthening	<ul style="list-style-type: none"> Progress as tolerated Throwers Ten Program
Full Return to Sport	<ul style="list-style-type: none"> Typically, 12 weeks unless cleared sooner by Dr. Schuette <ul style="list-style-type: none"> Return to throwing program typically takes 4-6 weeks once initiated

Please have physical therapist call Dr. Schuette's office with any questions: (952) 442-6943