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REHAB PROTOCOL: Capitellum Osteochondral Allograft or Autograft

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Precautions

- No elbow ROM for 2 weeks
- Elbow brace placed on at first post-operative visit at 2 weeks post-op
- Slow progression of supination, elbow extension and elbow flexion
- A/PROM to protect LCL
- Avoid full elbow extension combined with supinated forearm for 8 weeks
- No weight-bearing (CKC) exercises for minimum 4 month
- Unrestricted activity, including sports-specific skills, limited for 6 months.

I Immediate Postoperative Phase (0–3 Weeks)

Goals:

- Protect healing tissue
- Decrease pain and inflammation
- Retard muscle atrophy
- Protect graft site to allow healing

Postoperative Week 0-2

- Posterior splint at 90 degrees elbow flexion (0-2 weeks)
- No elbow ROM
- Hinged elbow brace placed at 2 weeks post-op after splint is discontinued

II Intermediate Phase (Week 3–7)

Goals:

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscle strength Restore full function of graft site

A. Week 3

- **Brace:** Elbow hinged brace 60–100 (gradually increase elbow flexion and increase extension 15 degrees at 2 week intervals)
- **Exercises:** Begin ROM with neutral or pronated forearm

B. Week 4

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- Begin light resistance exercise for arm (1 lb)
- Wrist curls, extension
- Elbow extension–flexion
- Progress shoulder program emphasize rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light resistance

C. Week 5

- **ROM:** Elbow ROM 45–125 degrees
- Remain in hinged elbow brace
- Continue all exercises: Progress all shoulder and upper extremity exercises (progress weight 1 lb)

D. Week 6

- **ROM in brace:** 30–145 degrees
- Exercises: Initiate forearm supination ROM from neutral
- Initiate Thrower's Ten Program
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening Progress shoulder program

E. Week 7

- **Brace:** Discontinue brace at weeks 6–8
- Progress to full elbow ROM
- Progress Thrower's Ten Program (progress weights)

III Advanced Strengthening Phase (Week 8)

Goals:

- Increase strength, power, endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

A. Week 8

- **Brace:** Discontinue hinged brace by end of week 8
- Exercises: Initiate eccentric elbow flexion–extension
- Continue isotonic program: forearm and wrist
- Continue shoulder program—Thrower's Ten Program
- Progress to isotonic strengthening program

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____