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| ECRB Debridement / Extensor Repair Physical Therapy Protocol |
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***Blood Flow Restriction (BFR) encouraged at all stages**

Week 1 Primary goal: Allow incision healing

- Splint until first post-operative visit (7-10 days)
- Elevate on pillows to heart level or above

Week 1-6 Primary goal: Begin ROM, protect repair

- No range of motion restriction
- Wrist brace all times until 4 weeks from surgery
- Gentle stretching of hand/wrist/elbow
- NO wrist extension
- Ball squeezes

Week 6-8 Primary goal: Full elbow ROM, advance strengthening

- Continue stretching until full ROM achieved
- Introduce wrist extension exercises
- Increase resistance for shoulder/elbow strengthening
- Blood flow restriction

Week 8+ Primary goal: Full strength

- Increase strengthening and conditioning/endurance
- Incorporate occupation-specific activities