

Elbow Rehab after Regenexx (common flexor or extensor) tenotomy procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Minimal ROM Protection, Week 1-2	No heavy lifting. no sudden lifting, no pulling.	PROM and AROM exercise 3x daily with gentle massage of muscle. Work on posture, proper biomechanics, neck and core stability.	Can perform ROM exercises with no pain.
Phase II: Initial Resistance Strengthening & Proprioception Week 2 – week 6	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Continue AROM Begin resistance training. Start easy, light weight, progress slowly. Begin eccentric exercises after 4-6 wks only if no pain with exercises.	Able to complete light exercises with no pain for 1 week. Return to phase I if more than 2/10 pain with exercises.
Phase III: Advanced Resistance Strengthening / Return to Sport/Activity Week 6-12	No strict restrictions.	Continue advanced Eccentric exercises for 12 wks total. Gradual return to Functional activity. Start easy, light weight, progress slowly. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, scapula dyskinesia, and postural restoration.	Full activity when: Full AROM, exercises pain free, controlled full activity pain free for 1 week. Return to phase II if more than 2/10 pain with exercise.