

Emphasis on progress elbow ROM as tolerated (no restrictions)
Wrist and grip ROM and strengthening
Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities
Upper body ergometer
Modalities as indicated
Daily HEP

Continue exercises from prior phase
Continue to emphasize elbow ROM
Elbow and forearm strengthening
Begin PNF patterns
Begin endurance training
Modalities as indicated
Daily HEP

Progress stretching and strengthening program
Functional and sport specific training

Progress stretching and strengthening program
Functional and sport specific training