Rehabilitation prescription for:



Pediatric Orthopedic and Scoliosis Center Rehabilitation Medicine Center

Patient label

Dr. Tysklind's Capitellar OCD Protocol											
Diagnosis:											
Procedure date: S/P	:										
WEEK											
Capitellar OCD	1	2	3	4	5	6	7	8	9	10	16
Reduce inflammation through ice	•	•	•	•							
and modalities											
Begin active wrist and hand motion	•	•									
ROM at range 30-100 degrees	•										
Active ROM at range 10-120		•									
degrees											
Full ROM			•	•	•	•	•	•	•	•	•
Modalities as needed					•	•	•	•	•	•	•
Begin rotator cuff strengthening			•	•	•	•	•	•	•	•	•
Begin scapular strengthening			•	•	•	•	•	•	•	•	•
Begin bicep and tricep				•	•	•	•	•	•	•	•
strengthening											
Begin PNF patterns						•	•	•	•	•	•
End range stretch of elbow								•	•	•	•
Begin gym program (PT or AT List								•	•	•	•
Exercises)											
Closed Kinetic Chain exercises										•	•
Plyometric Drills										•	•
Interval throwing											•

ROM: 30-100 x 1	week, then 10-120 x	1 week, then begin full	ROM at week 3
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- Phase 1 Progressive strength and active ROM
- Phase 2 Strengthening
- Phase 3 Advanced strengthening and plyometrics

Additional Instructions:						
Gunnar Tysklind, MD	Date					