



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Flexor Pronator Mass Repair (acute tear)

Phase I: 0-1 weeks

- Quiet in posterior slab splint

Phase II: 1-6 weeks

- WB status: limited WB
- Brace: Hinged elbow brace
- ROM: Gradually progress to full
- Week 4: Begin muscle strengthening for wrist, forearm, elbow, and shoulder
- Total body conditioning

Phase III: 6-12 weeks

- WB status: progress WB as tolerated
- ROM: full
- Brace: wean out
- Continue limited strengthening program

Phase IV: 3 mo – 6 mo

- WB status: full
- ROM: full
- Brace: none
- Initiate more aggressive weight lifting program
- Begin interval throwing program around 4 months