

OCA of the Capitellum Rehabilitation Protocol

	ROM	IMMOBILIZER	EXERCISES
Phase I 0-4 weeks	0-90 passive ROM week 1, then increase as tolerated	Sling for comfort and soft tissue protection	Scapular stabilization exercises, gentle rotator cuff strengthening, gentle hand, wrist, shoulder ROM
Phase II 4-6 weeks	AAROM to full (no forced full flexion)	None	Advance exercises in phase I
Phase III 6-12 weeks	Progress to full motion without discomfort	None	Continue with scapular and rotator cuff strengthening, begin forearm resistance exercises - first in flexion and then advance to extension
Phase IV 3-5 months	Full and pain-free	None	Continue with shoulder strengthening begin aggressive rotational exercises, light tossing, and sport-specific activities with full RTS as tolerated at 4-6 months