

0-2 Weeks

- Application of sterile dry dressing (remain over incision at all times until suture removal)
- Work on wrist and finger motion (gentle elbow flexion or extension)
- Keep dressing clean and dry
- NO lifting, pushing, or pulling

2-4 Weeks

- Surgical follow-up visit with attending surgeon
- Dr. Kandil removes post-op dressing – wound check
- Sutures removed
- No heavy lifting
- Begin Physical Therapy

4-8 Weeks

- Continue work with PT
- Ensure proper wound healing, scar mobility, AROM
- Instruct in scar management
- Begin desensitization as needed
- Work on full elbow ROM program
- Add Nerve gliding program

8+ Weeks

- Return to full activities as tolerated without restrictions