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	<b>RANGE OF MOTION</b>	<b>Posterior Splint</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 4 weeks</b>	Begin active/passive flex and active extension Begin A/P pronation and sup	Make Posterior splint that blocks extension at 20 degrees	Gentle wrist and shoulder ROM
<b>PHASE II 4 - 9 weeks</b>	Cont A/P flex, Pron/Sup Start passive extension exercises	Discontinue splint 5 to 6 weeks	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension Begin active flexion and extension against gravity
<b>PHASE III 9 - 12 weeks</b>	Active extension to 0 deg Active Flex, Sup, Pron may begin passive exten.	none	Advance strengthening in phase III to resistive, maintain flexibility/ROM, begin strengthening with theraband
<b>PHASE IV 12 weeks - 6 months</b>	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
<b>PHASE V 6 months and beyond</b>	Full and pain-free	None	Return to full activity