

Emphasis on progress elbow ROM as tolerated (no restrictions)  
Wrist and grip ROM and strengthening  
Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities  
Upper body ergometer  
Modalities as indicated  
Daily HEP

Continue exercises from prior phase  
Continue to emphasize elbow ROM  
Elbow and forearm strengthening  
Begin PNF patterns  
Begin endurance training  
Modalities as indicated  
Daily HEP

Progress stretching and strengthening program  
Functional and sport specific training

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Functional and sport specific training