



Meagan McCarthy, M.D.

Non-Operative OCD Lesions of the elbow Protocol

PHASE 1 (4-6 weeks)

- Elbow Immobilization in cast for 4 weeks
- Non-weight bearing on elbow

PHASE 2 (6-12 weeks)

Patient should be Pain-free and XR performed to progress to Phase 2

- Weight Bearing as Tolerated without Immobilization
- Start PT
- ROM / Light strengthening exercises
- Sports / Repetitive-impact activities – **RESTRICTED**

PHASE 3

Typically about 3-4 months after treatment starts

Radiographic & Clinical Signs of Healing - MRI may be necessary

- Supervised initiation of more intense activities
- Gradual Return to Sports

COMPLETE RESOLUTION OF SYMPTOMS TAKES TIME AND PATIENCE