

## **Elbow: Criteria to Begin Sports Specific Training**

### **Physical Evaluation**

1. Negative results for special testing (including neurological)
2. Strength within 85% when compared bilaterally
3. No pain, swelling (before, with, or after activity)
4. Full functional AROM and PROM (Extension, Flexion, Supination, Pronation)

### **Functional Evaluation**

1. 5-10 repetitions T-stab push-ups without pain
2. Hand walkouts on stability ball x 5 without pain
3. Internal/external rotation (medial/lateral) medicine ball rebounder throws plyos (3 x 25 repetitions without pain)
4. Throw/serve without pain (if applicable)
5. 15 minutes on upper body ergometer without pain