

**ARTHROSCOPIC ECRB RELEASE /  
ELBOW ARTHROSCOPY POST-SURGICAL REHABILITATION  
PROTOCOL**

Πύργος Αθηνών, Κτίριο Γ', 2<sup>ος</sup> όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

**Τηλ.:** 210 7712792 | **Κινητό:** 697 20 999 11 | **E-mail:** cky@orthosurgery.gr

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## **POST-OP DAYS 1 - 7**

- Dressing - Posterior splint for 3-7 days; sutures out first week
- Shoulder, wrist, and hand active motion (AROM) - Do not push into painful ROM
- Shoulder shrugs
- Ice as needed

### **GOAL**

- Pain control

## **WEEKS 1 - 2**

- Splint - D/C
- Counterforce Brace (elbow strap) - worn with all exercises except stretches
- Continue appropriate previous exercises
- Elbow AROM
- Gentle Elbow / Wrist stretches
- Gentle swimming / aqua-jogging
- Stationary bike

### **GOAL**

- Full elbow AROM

## **WEEKS 2 - 6**

- Counterforce Brace - Continue
- Continue appropriate previous exercises
- UBE - Min resistance, gradually increase resistance and time as tolerated
- Isometrics x 8 (box plus supination / pronation) - Pain-free, progress as tolerated
- Hand squeezing exercises - Putty / sponge
- Treadmill - Running progression program
- Elliptical trainer (light grip)

### **GOAL**

- Pain-free ADLs

## **WEEKS 6 - 10**

- Counterforce Brace - Continue
- Continue appropriate previous exercises
- PREs - Wrist curls, reverse wrist curls, supination / pronation against resistance
- Pushup progression - Wall to table to chair

### **GOAL**

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- Normal elbow strength

### **WEEKS 10 - 12**

- Counterforce brace - Continue until 12 weeks post-op
- Continue appropriate previous exercises
- Pushups, regular
- Weight training

### **GOAL**

- Return to full activities including sports