

## POST-OPERATIVE REHABILITATIVE PROTOCOL FOR ELBOW ARTHROSCOPY

## **I. INITIAL PHASE (week 1)**

### **GOALS:**

- Full wrist and elbow ROM
- Decrease swelling
- Decrease pain.
- Retardation of muscle atrophy.

### **A. Post-op Day 5-7**

1. Splint-no motion. Allow wounds to heal

### **C. Post-Op Day 7-10**

1. PROM Elbow Ext/Flex
2. Begin PRE (passive resistance exercises) with 1 lb weight
  - a. Wrist curls
  - b. Reverse wrist curls
  - c. Neutral wrist curls
  - d. Pronation/Supination
  - e. A/AAROM Elbow Ext/Flex
  - f. Putty/Grip stretching

## **II INTERMEDIATE PHASE (weeks 2-3)**

### **GOALS:**

- Improve muscular strength and endurance
- Normalize joint arthrokinematics

### **A. Week 2**

1. Addition of bicep curls and tricep extension
2. Continue to progress PRE weight and repetitions as tolerable

### **B. Week 3**

1. Initiate bicep and tricep eccentric exercise program
2. Initiate rotator cuff exercise program

## **III ADVANCED PHASE (weeks 3-8)**

### **GOAL: Preparation for returning athletic or functional activities**

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory clinical exam

### **A. 3-8 weeks**

1. Continue maintenance program, emphasizing muscular strength, endurance and flexibility
2. Initiate Interval Throwing Program Phase I if throwing athlete at 8 weeks