

## Elbow Capsular Release (Open or Arthroscopic)

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## **Phase I. Immediate Motion Phase**

### **Goals:**

- **Improvement of range of motion**
- **Re-establishing full passive extension**
- **Retard muscular atrophy**
- **Decrease pain/inflammation**

### **A. Day 1 to 3**

Range of motion to tolerance (elbow ext/flex) (2 sets of 10/hourly)

Overpressure into extension (at least 10 degrees)

Joint mobilization

Gripping exercises with putty

Isometrics for wrist/elbow

Compression/ice hourly

### **B. Day 4 to 9**

Range of motion ext/flex (at least 5 - 120)

Overpressure into extension (4-5 times daily)

Joint mobilization

Continue isometrics and gripping exercises

Continue use of ice

### **C. Day 10 to 14**

Full passive range of motion

ROM exercises (2 sets of 10) hourly

Stretch into extension

Continue isometrics

## **II. Phase II:**

- **Motion Maintenance Phase**
- **Goals: Maintain full range of motion**
- **Gradually improve strength**
- **Decrease pain/inflammation**

### **A. Week 2 to 4**

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Range of motion exercises (4-5 times daily)

Overpressure into extension - Stretch for 2 minutes (3-4 times daily)

Initiate PRE program (light dumbbells) Elbow ext/flex

Wrist ext/flex

Continue use of ice post-exercise

**B. Week 4 to 6**

Continue all exercises listed above

Initiate interval sport program