

POST-OPERATIVE REHABILITATIVE PROTOCOL FOR ELBOW ARTHROSCOPY

INITIAL PHASE (week 1)

GOAL: Full wrist and elbow ROM, decrease swelling, decrease pain, retardation of muscle atrophy.

Day of Surgery

Begin gently moving elbow in bulky dressing

Post-op Day 1-2

1. Remove bulky dressing; replace with elastic bandages
2. Immediate post-op hand, wrist and elbow exercises
 - a. Putty/Grip stretching
 - b. Wrist flexor stretching
 - c. Wrist extensor stretching
 - d. Wrist curls
 - e. Reverse wrist curls
 - f. Neutral wrist curls
 - g. Pronation/Supination
 - h. A/AAROM Elbow Ext/Flex

Post-op Day 3-7

1. PROM Elbow Ext/Flex
2. Begin PRE exercises with 1 lb weight
 - a. Wrist curls
 - b. Reverse wrist curls
 - c. Neutral wrist curls
 - d. Pronation/Supination
 - e. Broomstick roll-up

INTERMEDIATE PHASE (week 2-3)

GOAL: Improve muscular strength and endurance; normalize joint arthrokinematics

Week 2

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

Week 3

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

ADVANCE PHASE

GOAL: Preparation of athlete for return to functional activities

**Criteria to progress to Advance Stage:

1. Full non-painful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam

Weeks 3-6

3. Continue maintenance program, emphasizing muscular strength and endurance and flexibility
4. Initiate Interval Throwing Program Phase I