

## **Post Operative Rehabilitation Following Elbow Arthroplasty (Posterior Compartment/Valgus Extension Overload)**

### **Phase I: Immediate Motion Phase**

**Goals:** Improve/Regain full range of motion, Decrease pain/inflammation, Retard muscular atrophy

#### **Day 1 to 4**

- Range of motion to tolerance (Extension/Flexion and Supination/Pronation)
- Often full elbow extension is not capable due to pain
- Gentle overpressure into extension
- Wrist flex/ext stretches
- Gripping exercises (putty)
- Isometrics wrist ext/flex
- Isometrics elbow ext/flex

#### **Day 5 to 10**

- Range of motion exercises to tolerance (at least 20-90)
- Overpressure into extension
- Joint mobilization to re-establish ROM
- Wrist flex/ext stretches
- Continue isometrics
- Continue use of ice, compression to control swelling

#### **Day 11 to 14**

- Range of motion exercises to tolerance (at least 10-100)
- Overpressure into extension (3-4 times daily)
- Continue joint mobilization techniques
- Initiate light dumbbell program (PRE's)
- Biceps, triceps, wrist flex/ext, sup/pronators
- Continue use of ice post-exercise

### **Phase II: Intermediate Phase**

**Goals:** Improve strength/power/endurance, Increase range of motion, Initiate functional activities

#### **Week 3 to 4**

- Full range of motion exercises (4-5 times daily)
- Overpressure into elbow extension
- Continue PRE program for elbow and wrist musculature
- Initiate shoulder program (Thrower's Ten Shoulder Program)
- Continue joint mobilization
- Continue ice post-exercise

#### **Week 4 to 7**

- Continue all exercises listed above
- Initiate light upper body program
- Continue use of ice post-activity

**Phase III: Advanced Strengthening Program**

**Goals: Improve strength /power/endurance, Gradual Return to functional activities**

**\*\* Criteria to enter Phase III**

- 1) Full non-painful range of motion
- 2) No pain or tenderness

**Week 8 to 12**

- Continue PRE program for elbow and wrist
- Continue shoulder program
- Continue stretching for elbow/shoulder
- Initiate Interval program and gradually return to sporting activities