

Elbow Capsular Release (Open or Arthroscopic) Rehab Program

Phase I –Immediate Motion Phase

- **Goals**
 - Improvement of range of motion
 - Re-establishing full passive flexion
 - Retard muscular atrophy
 - Decrease pain/inflammation
- **Day 1-3**
 - Range of motion to tolerance (elbow flex/ext) (2 sets of 10/hourly) – IF NOT IN SPLINT
 - Overpressure into extension (at least 10 degrees)
 - Joint mobilization
 - Gripping exercises with putty
 - Isometrics for wrist/elbow
 - Compression/ice hourly
- **Day 4-9**
 - Splint should be removed at this time
 - 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
- **Day 10-14**
 - Full passive range of motion
 - ROM exercises (2 sets of 10) hourly
 - Stretch into extension
 - Continue isometrics

Phase II –Motion Maintenance Phase

- **Goals**
 - Maintain full range of motion
 - Gradually improve strength
 - Decrease pain/inflammation
- **Week 2 to 4**
 - ROM 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
- **Week 4 to 6**
 - Continue all exercises listed above
 - Initiate sport program