SBO SOUTH BEND ORTHOPAEDICS

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Post Operative Rehabilitation Following Elbow Arthroscopy

Phase I—Immediate Motion Phase

- **Goals**
    - Improve/regain range of motion
    - Retard muscular atrophy
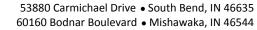   - Decrease pain/inflammation

- **Day 1-4**
    - Range of motion to tolerance (elbow flexion/extension and supination/pronation)
    - Often full elbow extension is not capable due to pain
    - Gentle overpressure into extension
    - Wrist flex/ext exercises
    - Gripping exercises with putty
    - Isometrics for wrist/elbow
    - Compression/ice 4-5 times daily

- **Day 5-10**
    - Range of motion ext/flex (at least 20-90)
    - Overpressure into extension (4-5 times daily)
    - Joint mobilization to reestablish ROM
    - Continue isometrics and gripping exercises
    - Continue use of ice

- **Day 11-14**
    - ROM exercises
    - Overpressure into extension (3-4 times daily)
    - Continue joint mobilization techniques
    - Initiate light dumbbell program (PREs)
    - Biceps, triceps, wrist flex/ext, sup/pronators
    - Continue use of ice post exercise

Phase II—Intermediate Phase

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

- **Week 3-4**
    - Full ROM 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 use of ice post exercise

- **Week 4-7**
    - Continue all exercises listed above
    - Initiate light upper body program
    - Continue use of ice post exercise

Phase III—Advanced Strengthening Program (Week 8-13)

- **Goals**
    - Improve strength/power/endurance
    - Gradual return to functional activities

- **Criteria to Enter Phase III**
    - Full non-painful ROM
    - No pain or tenderness

- **Week 8-12**
    - Continue PRE program for elbow and wrist
    - Continue shoulder program
    - Continue stretching for elbow/shoulder
    - Initiate Interval program and gradually return to sporting activities