



## Rehabilitation Protocol

### Procedure: 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

---

#### **Star Orthopedics & Sports Medicine**

FRISCO 5550 Warren Pkwy | Suite 200 | Frisco TX | 75034

TEL 469.850.0680

FAX 469.850.0681

WEB [starorthopedics.com](http://starorthopedics.com)



## Rehabilitation Protocol

### Procedure: Elbow Arthroscopy

---

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

1. Continue maintenance program, emphasizing muscular strength and endurance and flexibility
2. Initiate Interval Throwing Program Phase

---

#### **Star Orthopedics & Sports Medicine**

FRISCO 5550 Warren Pkwy | Suite 200 | Frisco TX | 75034

TEL 469.850.0680

FAX 469.850.0681

WEB [starorthopedics.com](http://starorthopedics.com)