

## **Elbow Arthroscopy Rehabilitation Protocol**

By James L Chen, MD

### **POST-OP DAYS 1 – 7**

- Dressing – Posterior splint for 3-7 days; sutures out first week
- Shoulder, wrist, and hand active motion (AROM) – Do not push into painful ROM
- Shoulder shrugs
- Ice as needed

### **GOAL**

- Pain control

### **WEEKS 1 – 2**

- Splint – D/C
- Continue appropriate previous exercises
- Elbow AROM
- Gentle Elbow / Wrist stretches
- Gentle swimming / aqua-jogging
- Stationary bike

### **GOAL**

- Full elbow AROM

### **WEEKS 2 – 6**

- Continue appropriate previous exercises
- UBE – Min resistance, gradually increase resistance and time as tolerated
- Isometrics x 8 (box plus supination / pronation) – Pain-free, progress as tolerated
- Hand squeezing exercises – Putty / sponge
- Treadmill – Running progression program
- Elliptical trainer (light grip)

**GOAL**

- Pain-free ADLs

**WEEKS 6 – 10**

- Continue appropriate previous exercises
- PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance
- Pushup progression – Wall to table to chair

**GOAL**

- Normal elbow strength

**WEEKS 10 – 12**

- Continue appropriate previous exercises
- Pushups, regular
- Weight training

**GOAL**

- Return to full activities including sports