



REHABILITATION GUIDELINES

ELBOW ARTHROSCOPY

The rehabilitation guidelines are presented in a criterion based progression program. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance, tissue quality and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

INDIVIDUAL CONSIDERATIONS:

Phase 1 (Week 0-2)

Goals

Full wrist and elbow range of motion
Decrease swelling and pain
Retard muscle atrophy

Exercises

Putty grip strengthening
Wrist flexor and extensor stretching
Passive and active assisted elbow flexion/extension to tolerance

Phase 2 (Weeks 2-4)

Goals

Normalize joint kinematics
Improve muscular strength, power and endurance

Week 3 Exercises

Continue AAROM and PROM flexion/extension to tolerance
Strengthening with 1lb weight
 Wrist Curls
 Reverse wrist curls
 Pronation/supination
 Broomstick roll-up
Addition of biceps curl and triceps extension
Continue to progress weight and repetitions as tolerated

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Week 4

Initiate biceps and triceps eccentric exercise program

Initiate rotator cuff exercise program

External rotators, internal rotators, deltoid, supraspinatus, scapulothoracic strengthening

Phase 3 (Weeks 4-8):

Goals

Preparation to return to functional activities

Criteria to progress to advanced phase:

Full non-painful ROM, No pain or tenderness

Satisfactory isokinetic test

Satisfactory clinical exam

Exercises

Continue strengthening exercises, endurance drills and flexibility exercises.