

Palmetto Health USC

ORTHOPEDIC CENTER

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ELBOW REHABILITATION FOLLOWING ARTHROLYSIS

I. PHASE 1: Immediate Motion Phase

Goals: Improvement of range of motion
Re-establishing full passive extension
Retard muscular atrophy
Decrease pain/inflammation

A. Day 1 to 3

- * Range of motion to tolerance(elbow ext/flex)(2 sets of 10/hourly)
- * Overpressure into extension (at least 10 degrees)
- * Joint mobilization
- * Gripping exercises with putty
- * Isometrics for wrist/elbow
- * Compression/ice hourly

B. Day 4 to 9

- * Range of motion ext/flex (at least 5 degrees to 120 degrees)
- * Overpressure into extension-#5 wt. elbow in full extension(4-5 times daily)
- * Joint mobilization
- * Continue isometrics and gripping exercises
- * Continue use of ice

C. Day 10 to 14

- * Full passive range of motion
- * ROM exercises (2 sets of 10) hourly
- * Stretch into extension
- * Continue isometrics

II. PHASE II: Motion Maintenance Phase

Goals: Maintain full range of motion
Gradually improve strength
Decrease pain/inflammation

A. Week 2 to 4

- * Range of motion 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

B. Week 4 to 6

- * Continue all exercises listed above
- * Initiate interval sport program