

Palmetto Health USC

ORTHOPEDIC CENTER

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ELBOW REHAB FOLLOWING ARTHROSCOPIC CHONDROPLASTY

I. Phase One – Immediate Motion Phase

Goals: Improve range of motion
 Retard muscular atrophy
 Decrease pain/inflammation

Day 1 - 3

- Range of motion to tolerance
 - Extension/flexion
 - Supination
 - Pronation
- Gentle overpressure into extension
- Wrist flexion/extension stretches
- Gripping exercises (putty)
- Isometrics – elbow extension/flexion
- Isometrics – wrist extension/flexion
- Compression dressing, ice 4-5 times a day

Day 4 - 10

- Range of motion to tolerance (at least 10 – 90 degrees)
- Overpressure into extension
- Joint mobilization to re-establish ROM
- Wrist flexion/extension stretches
- Continue isometrics for wrist/elbow
- Continue use of ice/compression to control swelling

Day 12 - 14

- Full passive ROM
- Overpressure into extension (3 – 4 times a day)
- Initiate light dumbbell program (PRE's)
 - Biceps/Triceps
 - Wrist flexion/extension
 - Sup/pronators
- Continue use of ice post-exercise

II. Phase Two – Intermediate Phase

Goals: Improve strength/power/endurance
 Maintain ROM
 Initiate functional activities

Criteria to enter Phase Two:

- Full passive range of motion
- Strength of elbow extension/flexion 4/5 or greater
- Minimal pain and tenderness

Week 2 - 4

- Continue PRE program for elbow and wrist musculature
- Initiate shoulder program (especially ER and rotator cuff)
- Continue over pressures into extension
- Continue joint mobilization
- Continue ice post-exercise

Week 4 - 8

- Continue all exercises listed above
- Initiate **light** upper body program – bench press, shoulder press, etc.
- Continue use of ice post-exercise

III. Phase Three – Advance Strengthening Phase

Goals: Improve strength/power/endurance
 Gradual return to functional activities

Criteria to enter Phase Three:

- Full non-painful ROM
- Strength 75% or greater of contralateral side
- No pain or tenderness

Week 8 - 12

- Continue PRE program
 - Elbow extension/flexion
 - Elbow pronation/supination
 - Wrist extension/flexion
 - Shoulder program for rotator cuff
- Continue stretching into extension (as needed)
- May initiate light tossing, light golfing swing, light tennis program (check with physician)
- Interval program (week 12)
- Ice after sport

Week 12 - 16

- Return to activities (sport) (determined by physician)