

Palmetto Health USC

ORTHOPEDIC CENTER

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POST-OPERATIVE REHABILITATIVE PROTOCOL FOR ELBOW ARTHROSCOPY

I. INITIAL PHASE (Week 1)

GOALS: Full wrist and elbow ROM
Decrease swelling
Decrease pain
Retardation of muscle atrophy

A. Day of Surgery

Begin gently moving elbow in bulky dressing

B. 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

C. 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

II. INTERMEDIATE PHASE (Weeks 2-3)

GOALS: Improve muscular strength and endurance
Normalize joint arthrokinematics

A. Week 2

1. Addition of bicep curl and tricep extension
2. Continue to progress PRE weight and repetitions as tolerable

B. Week 3

1. Initiate bicep and tricep eccentric exercise program
2. Initiate rotator cuff exercise program

III. ADVANCED PHASE (Weeks 3-8)

GOAL: Preparation of athlete for return to functional activities

Criteria to progress to Advanced Stage:

1. Full non-painful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam

A. 3-6 Weeks

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