



## General Rehabilitation Guidelines

*Postoperative Rehabilitation protocol for elbow arthroscopy*

**Samir Patel, MD**

### **Initial Phase** (Week 1)

- *Goals*
  - Full wrist and elbow ROM
  - Decrease swelling
  - Decrease pain
  - Retard muscle atrophy
- *Days 1-2 hand, wrist and elbow exercises*
  - Putty grip strengthening
  - Wrist flexor stretching
  - Wrist extensor stretching
  - Wrist curls
  - Reverse wrist curls
  - Neutral wrist curls
  - Pronation/supination
  - PROM & AAROM flex/ex to tolerance
- *Days 3-7 exercises*
  - Continue AAROM and PROM flex/ex to tolerance
  - Strengthening with 1lb weight
    - Wrist curls
    - Reverse wrist curls
    - Neutral wrist curls
    - Pronation/supination
    - Broomstick roll-up

### **Intermediate Phase** (Weeks 2-4)

- *Goals*
  - Normalize joint arthrokinematics
  - Improve muscular strength, power and endurance
- *Week 2*
  - Range of motion exercises
  - Addition of biceps curl and triceps extension
  - Continue to progress weight and repetitions as tolerated
- *Week 3*
  - Initiate biceps and triceps eccentric exercise program
  - Initiate rotator cuff exercise program
    - External rotators, internal rotators, deltoid, supraspinatus, scapulothoracic strengthening

### **Advanced Phase** (Weeks 4-8)

- *Goals*
  - Preparation of athlete for return to functional activities
- *Criteria to Progress to Advanced Phase*
  - Full non-painful ROM
  - No pain or tenderness

- Satisfactory isokinetic test
  - Satisfactory clinical exam
- *Weeks 4-5*
  - Continue strengthening exercises, endurance drills, and flexibility exercises daily