POSTOPERATIVE REHABILITATION PROTOCOL FOLLOWING ELBOW ARTHROSCOPY

PRECAUTIONS

- Excessive &/or aggressive motion first 5 days unless specified by physician
- No excessive elbow loading through exercise for 8 weeks
- No throwing for 10 weeks (unless specified by Physician)

MAXIMUM PROTECTION PHASE (WEEKS 1 to 3)

Goals: Restore full wrist and elbow ROM,
Decrease swelling & pain,
Promote healing of articular cartilage
Retardation or muscle atrophy

A. Days 1 to 5

1. Begin gently moving elbow in bulky dressing
2. Remove bulky dressing and replace with gauze pads & elastic bandages
3. Immediate post-op hand & wrist ROM, gripping exercises
   a. Putty/grip strengthening
   b. Wrist flexor stretching
   c. Wrist extensor stretching
   d. Elevate hand to reduce swelling
   e. Continue light elbow AAROM exercises in bulky dressing
      (3-4 x daily)

B. Post-op Day 5 through 7

1. PROM & AAROM elbow extension & flexion (motion to tolerance)
2. Begin PRE exercises with 1 lb weight
   a. Wrist curls
   b. Reverse wrist curls
   c. Neutral wrist curls
   d. Pronation/supination
   e. Active elbow flexion & extension (frequent motion- 5min every hour)

C. Post-op Week 2 to 4
1. Emphasize elbow ROM and restoring full ROM
2. Begin light overpressure program into extension
3. Perform AAROM & PROM
   **Full PROM at end of week 3**
4. Begin shoulder program week 2
5. Thrower’s Ten Program week 3
6. Running program may begin week 4

D. Post-op Weeks 5 to 6
   1. Continue all exercises above
   2. Emphasis on restoration of full ROM
   3. If lacking full extension – low load long duration (LLLD) stretching
   4. Continue AAROM program for articular cartilage healing
   5. Pool program – light exercises in water (once incisions close)

II. **MODERATE PROTECTION PHASE (WEEKS 6-10)**

Goals: Protect articular cartilage healing
      Restore/maintain Full ROM
      Shoulder ROM & Strength

A. Weeks 6 -10
   1. Continue AAROM & PROM exercises for elbow
   2. Initiate resistance for biceps & triceps
   3. Continue Thrower’s Ten Program
   4. Stretching & ROM program for shoulder
   5. Continue ROM exercises for elbow
   6. Core strengthening program
   7. Still maintain precautions regarding loading of the elbow
   8. Begin 2 handed plyometric program (chest pass, soccer throw, side to side) week 8

III. **MINIMAL PROTECTION PHASE (WEEKS 10 -16)**

Goals: Incorporate shoulder endurance program
      Begin throwing program
      Improve LE strength/core strengthening in preparation for return to competitive sport

A. Weeks 10 to 16
   1. Continue AAROM & PROM exercises
   2. Advanced Thrower’s Ten Program initiation
   3. ROM & Stretch Shoulder
   4. Core Program
   5. Running, agility drills etc
   6. Initiate interval sport programs
   7. Continue Advanced Thrower’s Ten Program
   8. Continue stretching & flexibility exercises of elbow & shoulder
   9. Initiate 1 hand plyometric drills at week 10
      1 hand throws
      1 hand wall dribbles
IV. GRADUAL RETURN TO ACTIVITY PHASE (WEEKS 12 & BEYOND)

Goals: Gradual return to activity/sport
       Prepare patient for safe & successful return to sports

Criteria to progress to Advanced Phase:
1. Full nonpainful ROM
2. No pain or tenderness in elbow/shoulder
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam
5. Successful completion of modified throwing program (physician/physical therapist directed)

Revised AJY/KEW/CSA/JRA: 6/2012