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**POSTOPERATIVE REHABILITATION FOR ELBOW ARTHROSCOPY**

**I. Initial phase (week 1)**

Goal: Full wrist and elbow range of motion, decrease swelling, decrease pain, retardation or muscle atrophy

A. Day of Surgery

Begin gently moving elbow in bulky dressing

B. Postoperative days 1 and 2

1. Remove bulky dressing and replace with elastic bandages
2. Immediate postop hand, wrist and elbow exercises
  - a. Putty/grip strengthening
  - 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. Postoperative days 3-7

1. PROM elbow ext/flex (motion to tolerance), emphasize regaining full extension over first 2 weeks
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 2-4)**

Goal: Improve muscular strength and endurance; normalize joint arthrokinematics

A. Week 2 range-of-motion exercises (overpressure into extension)

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

B. Week 3

1. Initiate biceps and triceps eccentric exercise program
2. Initiate rotator cuff exercises program
  - a. External rotators
  - b. Internal rotators
  - c. Deltoid
  - d. Supraspinatus
  - e. Scapulothoracic strengthening

**III. Advanced phase (weeks 4-8)**

Goals: Preparation of athlete for return to functional activities

Criteria to progress to advanced phase:

1. Full nonpainful range of motion
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam

A. Week 6

1. Continue maintenance program, emphasizing muscular strength, endurance, flexibility
2. Initiate interval throwing program phase I