

**ARTHROSCOPIC ELBOW  
DEBRIDEMENT**

Post-op protocol for  
**Mathew Taylor, M.D.**



Sling Use:		Eliminate Sling as Tolerated Ice and modalities to control inflammation ***Begin motion POD #1***
Phase I: (Passive)	Week 0-1	<ul style="list-style-type: none"> <li>• Begin passive progressing to active assisted elbow and wrist range of motion in all planes</li> <li>• Progress full ROM as tolerated</li> <li>• Begin active shoulder protraction/retraction and scapular stabilization exercises</li> </ul>
Phase II: (Active/Assistive)	Week 1-4	<ul style="list-style-type: none"> <li>• Maintain program as outlined in weeks 0 to 1</li> <li>• Continue modalities to control inflammation</li> <li>• Initiate end range of motion stretching as tolerated in all planes</li> <li>• Begin active range of motion in elbow, wrist, and hand in all planes</li> <li>• Begin rotator cuff strengthening</li> <li>• Initiate wrist and hand strengthening</li> <li>• Begin proprioception drills emphasizing neuromuscular control</li> </ul>
Phase III: (Resisted)	Week 4-6	<ul style="list-style-type: none"> <li>• Continue with elbow and wrist terminal stretching in all planes</li> <li>• Resisted biceps, triceps, wrist and hand strengthening</li> <li>• Continue with rotator cuff and scapular strengthening program</li> <li>• Proprioception and neuromuscular control drills</li> <li>• Manual resistance and PNF patterns</li> </ul>
Phase IV: Advanced strengthening and plyometrics	Week 6-10	<ul style="list-style-type: none"> <li>• Weeks 6 to 10: <ul style="list-style-type: none"> <li>○ Continue with end range stretching</li> <li>○ Continue with strengthening</li> <li>○ Begin global gym strengthening program, progress as tolerated</li> </ul> </li> <li>• Weeks 8 to 10: <ul style="list-style-type: none"> <li>○ Initiate closed kinetic chain strengthening <ul style="list-style-type: none"> <li>○ Push-up progression</li> <li>○ Seated serratus push-ups</li> </ul> </li> <li>○ Initiate plyometric drills <ul style="list-style-type: none"> <li>○ Plyoball wall drills</li> <li>○ Double arm rebounder drills progressing to single arm</li> </ul> </li> </ul> </li> </ul>