KNEEbraska
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REHABILITATION GUIDELINES: Elbow Arthroscopy

I. **Initial Phase (Week 1)**
Goal: Full wrist and elbow ROM, decrease swelling, decrease pain, retardation or muscle atrophy
A. Day of Surgery
    Begin gently moving elbow in bulky dressing
B. Post-op Day 1 and 2
    1. Remove bulky dressing and replace with elastic bandages
    2. Immediate post-op 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. AIAAROM elbow ext1flex
C. Post-op Day 3 through 7
    1. PROM elbow ext1flex (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. Broomstick roll-up

II. **Intermediate Phase (Week 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 cud and triceps extension
    2. Continue to progress PRE weight and repetitions as tolerable
B. Week 3
    1 . Initiate biceps and biceps 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 (Week 4-8)**
Goals: Preparation of athlete for return to functional activities
*Criteria to progress to Advanced Phase:
    1. Full nonpainful ROM
    2. No pain or tenderness
    3. Isokinetic test that fulfills criteria to throw
    4. Satisfactory clinical exam
A. Weeks 4 through 6
    1. Continue maintenance program, emphasizing muscular strength, endurance, & flexibility
    2. Initiate Interval Throwing Program Phase