General Rehabilitation Guidelines

Postoperative Rehabilitation protocol for elbow arthroscopy

**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