

# **DR. SAFRAN'S**

## **POSTOP REHABILITATION FOR ELBOW ARTHROSCOPY**

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

*Goal:* Full wrist & elbow ROM, decrease swelling, decrease pain, retardation or muscle atrophy

A. Day of Surgery: Begin moving elbow in bulky dressing

B. Postoperative days 1 & 2

1. 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

2. Post Op Day 2 - 3: Remove bulky dressing and replace with bandaids

C. Post-operative days 3 – 7

1. PROM elbow ext/flex (motion to tolerance)

2. Begin PRE exercise 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. Supraspinatous
- e. Scapulothoracic strengthening

### **III. Advance phase (weeks 4 – 8)**

Goal: Preparation of athlete for return to functional activities

Criteria to progress to advance phase:

1. Full non-painful range of motion
  2. No pain or tenderness
  3. Isokinetic test that fulfills criteria to throw
  4. Satisfactory clinical exam
- A. Weeks 3 – 6
1. Continue maintenance program, emphasizing muscular strength, endurance, and flexibility
  2. Initiate interval throwing program phase I