

Elbow Arthroscopy PT Protocol

Phase I –Immediate Motion Phase

Goals

- Improve/regain of range of motion
- Retard muscular atrophy
- Decrease pain/inflammation

Day 1-4

- Range of motion to tolerance (elbow flexion/extension and supination/pronation)
- Often full elbow extension is not capable due to pain
- Gentle overpressure into extension
- Wrist flex/ext. exercises
- Gripping exercises with putty
- Isometrics for wrist/elbow
- Compression/ice 4-5 times daily

Day 5-10

- Range of motion ext./flex (at least 20-90)
- Overpressure into extension (4-5 times daily)
- Joint mobilization to re-establish ROM
- Continue isometrics and gripping exercises
- Continue use of ice

Day 11-14

- ROM exercises to tolerance (at least 10-100)
- Overpressure into extension (3-4 times daily)
- Continue joint mobilization techniques
- Initiate light dumbbell program (PREs)
- Biceps, triceps, wrist flex/ext, sup/pronators
- Continue use of ice post--exercise

Phase II –Intermediate Phase

Goals

- Increase range of motion
- Improve strength/power/endurance
- Initiate functional activities

Week 3 to 4

- Full ROM exercises (4-5 times daily)
- Overpressure into elbow extension

- Continue PRE program for elbow and wrist musculature
- Shoulder program (Thrower's Ten Shoulder Program)
- Continue joint mobilization
- Continue use of ice post-exercise

Week 4 to 7

- Continue all exercises listed above
- Initiate light upper body program
- Continue use of ice post-exercise

Phase III –Advanced Strengthening Program

Goals

- Improve strength/power/endurance
- Gradual return to functional activities
- Criteria to Enter Phase III
 - Full non-painful ROM
 - No pain or tenderness

Week 8 to 12

- Continue PRE program for elbow and wrist
- Continue shoulder program
- Continue stretching for elbow/shoulder
- Initiate Interval program and gradually return to sporting activities