

## **Rehabilitation Protocol: Elbow Arthroscopy, Debridement/Loose Body Removal**

### **Phase I: 0-1 weeks**

- Brace: sling for 3 days, then begin elbow ROM in dressings
- ROM:
  - Days 0-3: No elbow ROM; okay for gentle shoulder, wrist, digit ROM
  - Days 3-7: begin gentle elbow ROM at home in bulky dressing, sling when resting
- Weightbearing: Non-weightbearing
- Strengthening: None

### **Phase II: 1-4 weeks**

- Brace: None
- ROM: ROM to tolerance
  - > Continue wrist and shoulder ROM
- Weightbearing: <10 lbs
- Strengthening: isometrics
- Exercises:
  - > Gentle joint mobilization, focus on re-gaining extension
  - > Emphasis on frequent motion of the elbow
  - > Gripping exercises with putty
  - > Isometrics, wrist extension-flexion exercises and stretches
  - > After week 2, initial shoulder cuff and deltoid isometrics;
  - > Initiate light wrist strengthening with 1 lb weight (curls, reverse curls, pronation/supination)

### **Phase III: 4-8 weeks**

- Brace: None
- ROM: Full; frequent mobility exercises of elbow
  - > Continue wrist and shoulder ROM
- Weightbearing: as tolerated
- Strengthening:
  - begin biceps isometrics; then begin active flexion and extension against gravity; resistive strengthening for deltoid/rotator cuff
- Exercises:
  - > Initiate light dumbbell program for wrist flexors, extensors, supinators, pronators, biceps, triceps
  - > Low load long duration stretching for extension
  - > May begin running
  - > Thrower's 10 program once ROM full with very light loading; no push-ups

### **Phase IV: 8+ weeks**

- Brace: none
- ROM: full
- Weightbearing: as tolerated
- Activity: goal to return to full activity
  - > Initiate light plyometrics and tossing
  - > Initiate interval throwing program
  - > Start light machine bench press and push-ups as tolerated

- > Progress functional activities and sport-specific demands
- Return to sport after clearance by MD