Dr. Erol Yoldas

POST-OP REHAB PROTOCOL FOR ELBOW ARTHROSCOPY:
ARTHROSCOPY REMOVAL OF LOOSE BODIES

Initial Phase (Day of Surgery)
   1. Begin gently moving elbow in bulky dressing

Post-op Day 1-2
   1. Remove bulky dressing and replace with gauze and ace wraps
   2. Immediate post-op hand and elbow exercises
      a. Putty
      b. Stretch wrist flexors
      c. Stretch wrist extensors
      d. Wrist curls
      e. Reverse wrist curls
      f. Neutral wrist curls
      g. Pronation
      h. Supination

Goal: Full wrist and elbow range of motion

Post-op Day 3-7
   1. Passive flexion and extension of elbow
   2. Begin progressive resistive exercises to elbow with 1 lb. weight
      a. Wrist curls
      b. Reverse wrist curls
      c. Neutral wrist curls
      d. Pronation
      e. Supination
      f. Broomstick roll-up

Intermediate Phase
Post-op Day 7 thru 2 weeks
   1. Continue progressive resistive exercise- 3 times daily
      Goal: To achieve working at 5 sets of ten repetitions with 5 lb. weight by gradually
            increasing from 1lb weight at 5 sets of 10 repetitions and adding a 1 lb. weight at
            5 sets of 10 repetitions have been achieved

Advance Phase
4-6 weeks
   1. Gradual return to sport
      a. Simulated activity in sport
      b. Interval program
   2. Maintenance strength and flexibility program-once daily