



Postoperative Rehabilitation Following Elbow Arthroscopy (Posterior Compartment/Valgus Extension Overload)

Phase I: Immediate Motion Phase

Goals: Improve/regain full range of motion
Decrease pain/inflammation
Retard muscular atrophy

A. Day 1 to 4

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

B. Day 5 to 10

- Range of motion exercises to tolerance (at least 10-100 degrees)
- Overpressure into extension
- Joint mobilization to reestablish ROM
- Wrist flex/ext stretches
- Continue isometrics
- Continue use of ice, compression to control swelling

C. Day 11 to 14

- Range of motion exercises to tolerance (at least 20-90 degrees)
- Overpressure into extension (3-4 times daily)
- Continue joint mobilization techniques
- Initiate light dumbbell program (PRE's) Biceps, triceps, wrist flex/ext, sup/pronators

Phase II: Intermediate Phase

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

A. Week 2 to 4

- Full range of motion exercises (4-5 times daily)
- Overpressure into elbow extension
- Continue PRE program for elbow and wrist musculature
- Initiate shoulder program (esp ER, RTC)
- Continue joint mobilization
- Continue ice post-exercise

B. Week 4 to 7

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

Phase III: Advanced Strengthening Program

Goals: Improve strength/power/endurance
Gradual return to functional activities

Criteria to enter Phase III

1. Full non-painful range of motion
2. Strength 75% > of contralateral side
3. No pain or tenderness

A. 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 sport activities