



**Brian Waterman, MD**

SPORTS MEDICINE & ORTHOPEDICS

### **Elbow Arthroscopy PT Protocol**

**Name:** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Diagnosis:** \_\_\_\_\_ **Date of Surgery** \_\_\_\_\_  
Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

#### **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



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## 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



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## Phase III –Advanced Strengthening Program

### Goals

- Improve strength/power/endurance
- Gradual return to functional activities
- Criteria to Enter Phase III
  - o Full non-painful ROM
  - o 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

### Comments:

Functional Capacity Evaluation  Work Hardening/Work Conditioning  Teach HEP

### Modalities:

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  
 TENS  Heat before/after  Ice before/after  Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_