



# ELBOW ARTHROSCOPY REHABILITATION GUIDELINES

Dr. Ed Tingstad

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## PHASE 1: Initial Phase (Week 1)

Goals	<input type="checkbox"/> Full wrist and elbow range of motion, decrease swelling, decrease pain
<b>Exercises</b>	<p><u>Day of surgery</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Begin gently moving elbow in bulky dressing</li> </ul> <p><u>Post-op days 1 and 2:</u> remove bulky dressing and replace with elastic bandages</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Putty/grip strengthening</li> <li><input type="checkbox"/> Wrist flexor and extensor stretching</li> <li><input type="checkbox"/> Wrist curls and reverse curls</li> <li><input type="checkbox"/> Pronation and supination</li> </ul> <p><u>Post-op days 3-7</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> PROM elbow extension and flexion to tolerance, emphasize regaining full extension</li> <li><input type="checkbox"/> Begin PRE exercises with 1lb weight               <ul style="list-style-type: none"> <li>○ Wrist curls and reverse wrist curls</li> <li>○ Neutral wrist curls</li> <li>○ Pronation and supination</li> <li>○ Broomstick roll up</li> </ul> </li> </ul>



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PHASE 2: Intermediate Phase (Weeks 2-4)	
<b>Goals</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Improve muscular strength and endurance</li> <li><input type="checkbox"/> Normalize joint arthrokinematics</li> </ul>
<b>Exercises</b>	<p><u>Week 2</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Range of motion exercises</li> <li><input type="checkbox"/> Addition of biceps curl and triceps extension</li> <li><input type="checkbox"/> Continue to progress PRE weight and repetition as tolerable</li> </ul> <p><u>Week 3</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Initiate biceps and triceps eccentric exercise program</li> <li><input type="checkbox"/> Initiate rotator cuff exercise program               <ul style="list-style-type: none"> <li><input type="checkbox"/> External and internal rotators</li> <li><input type="checkbox"/> Deltoid</li> <li><input type="checkbox"/> Supraspinatus</li> <li><input type="checkbox"/> Scapulothoracic strengthening</li> </ul> </li> </ul>
<b>Progression Criteria</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Full non-painful range of motion</li> <li><input type="checkbox"/> No pain or tenderness</li> <li><input type="checkbox"/> Isokinetic test that fulfills criteria to throw</li> <li><input type="checkbox"/> Satisfactory clinical exam</li> </ul>

PHASE 3: Advanced Phase (Weeks 4-8)	
<b>Goals</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Improve muscular strength and endurance</li> </ul>
<b>Exercises</b>	<p><u>Week 6</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue maintenance program emphasizing muscular strength, endurance, flexibility</li> <li><input type="checkbox"/> Initiate interval throwing program phase I</li> </ul>

\*Modified from Altcheck, The Athlete's Elbow 2001