

**ARTHROSCOPIC ELBOW
DEBRIDEMENT**

Post-op protocol for
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Sling Use:

Eliminate Sling as Tolerated
Ice and modalities to control inflammation
Begin motion POD #1

Phase I: (Passive)

Week 0-1

- Begin passive progressing to active assisted elbow and wrist range of motion in all planes
- Progress full ROM as tolerated
- Begin active shoulder protraction/retraction and scapular stabilization exercises

Phase II:
(Active/Assistive)

Week 1-4

- Maintain program as outlined in weeks 0 to 1
- Continue modalities to control inflammation
- Initiate end range of motion stretching as tolerated in all planes
- Begin active range of motion in elbow, wrist, and hand in all planes
- Begin rotator cuff strengthening
- Initiate wrist and hand strengthening
- Begin proprioception drills emphasizing neuromuscular control

Phase III: (Resisted)

Week 4-6

- Continue with elbow and wrist terminal stretching in all planes
- Resisted biceps, triceps, wrist and hand strengthening
- Continue with rotator cuff and scapular strengthening program
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns

Phase IV: Advanced
strengthening and
plyometrics

Week 6-10

- Weeks 6 to 10:
 - Continue with end range stretching
 - Continue with strengthening
 - Begin global gym strengthening program, progress as tolerated
- Weeks 8 to 10:
 - Initiate closed kinetic chain strengthening
 - Push-up progression
 - Seated serratus push-ups
 - Initiate plyometric drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm