

Posterior Rehabilitation after Elbow Arthroscopy

Phase I: Immediate Motion Phase

Goals

- ☐ Improve or gain full ROM.
- ☐ Decrease pain or inflammation.
- ☐ Retard muscular atrophy.

Days 1-4

- ☐ ROM to tolerance (extension-flexion and supination-pronation). Often full elbow extension is not possible because of pain.
- ☐ Gentle overpressure into extension.
- ☐ Wrist flexion-extension stretches.
- ☐ Gripping exercises with putty.
- ☐ Isometrics, wrist extension-flexion.
- ☐ Compression dressing, ice four to five times daily.

Days 5-10

- ☐ ROM exercises to tolerance (at least 20-90 degrees).
- ☐ Overpressure into extension.
- ☐ Joint mobilization to reestablish ROM.
- ☐ Wrist flexion-extension stretches.
- ☐ Continue isometrics.
- ☐ Continue use of ice and compression to control swelling.

Days 11-14

- ☐ ROM exercises to tolerance (at least 10-100 degrees).
- ☐ Overpressure into extension (three to four daily).
- ☐ Continue joint mobilization techniques.
- ☐ Initiate light dumbbell program (progressive resistance exercise for biceps, triceps, wrist flexors, extensors, supinators, and pronators).
- ☐ Continue use of ice postexercise.

Phase II: Intermediate Phase

Goals

- ☐ Improve strength, power, and endurance.
- ☐ Increase ROM.
- ☐ Initiate functional activities.

Weeks 2-4

- ☐ Full ROM exercises (four to five times daily).
- ☐ Overpressure into elbow extension.
- ☐ Continue progressive resistance exercise program for elbow and wrist musculature.
- ☐ Initiate shoulder program (external rotation and rotator cuff).
- ☐ Continue joint mobilization.
- ☐ Continue ice after exercise.

Weeks 5-7

- ☐ Continue all exercises listed above.
- ☐ Initiate light upper body program.
- ☐ Continue use of ice after activity.

Phase III: Advanced Strengthening Program
Goals

- ☐ Improve strength, power, and endurance.
- ☐ Gradual return to functional activities.

Criteria to Enter Phase III

- ☐ Full, nonpainful ROM.
- ☐ Strength 75% or more of contralateral side.
- ☐ No pain or tolerance.

Weeks 8-12

- ☐ Continue progressive resistance exercise program for elbow and wrist.
- ☐ Continue shoulder program.
- ☐ Continue stretching for elbow and shoulder.
- ☐ Initiate interval throwing program and gradually return to sports and activities.

This protocol provides you with general instructions for the rehabilitation of the patient undergoing surgical treatment for lateral elbow tendinosis.

Specific changes in any program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick or Andy at **952-456-7111**.