Elbow Arthroscopy: Postoperative Protocol

These exercises are recommended for Elbow arthroscopy procedures such as loose body removal, synovectomy and posteromedial impingement resections.

**Initial Phase: Home Exercises** (Week 1-2)

**Goals**
- Full wrist and elbow ROM
- Decrease swelling
- Decrease pain
- Retard muscle atrophy

**Weeks 1-2: Hand, wrist and elbow exercises**
- Putty grip strengthening
- Wrist flexor stretching
- Wrist extensor stretching
- Passive and Active Assisted Elbow flexion/extension to tolerance

**Outpatient Physiotherapy: Intermediate Phase** (Weeks 2-4)

**Goals**
- Normalize joint arthrokinematics
- Improve muscular strength, power and endurance

**Week 3 exercises**
- Continue AAROM and PROM flexion/extension to tolerance
- Strengthening with 1lb weight
  - Wrist curls
  - Reverse wrist curls
  - Neutral wrist curls
  - Pronation/supination
  - Broomstick roll-up
- Addition of biceps curl and triceps extension
- Continue to progress weight and repetitions as tolerated

**Week 4**
- Initiate biceps and triceps eccentric exercise program
- Initiate rotator cuff exercise program
  - External rotators, internal rotators, deltoid, supraspinatus, scapulothoracic strengthening

**Outpatient Physiotherapy: Advanced Phase** (Weeks 4-8)

**Goals**
- Preparation for return to functional activities

Criteria to Progress to Advanced Phase
- Full non-painful ROM; No pain or tenderness; Satisfactory isokinetic test; Satisfactory clinical exam

**Weeks 5-8**
- Continue strengthening exercises, endurance drills, and flexibility exercises daily