



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