

ELBOW ARTHROSCOPY REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-2 weeks	PROM advanced to active as tolerated at wrist, elbow, and shoulder	Worn for comfort only, discontinue when comfortable	<p>Elbow/hand/wrist ROM, Codman's, grip strengthening</p> <p>PROM as tolerated advanced to AAROM</p> <p>Capsular stretching at end-ROM to maintain flexibility</p> <p>Deltoid and cuff isometrics, scapular stabilizing, protraction/retraction, forearm and wrist strengthening</p>
PHASE II 2-6 weeks	Increase to full as tolerated	None	<p>Advance isometrics</p> <p>Advance to TheraBand's and dumbbells as tolerated, continue capsular stretching at end-ROM to maintain flexibility</p>
PHASE III 6-12 weeks	Progress to full without discomfort	None	<p>Advance strength training as tolerated</p> <p>Begin eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and full activity as tolerated</p>

**Patient protocols may vary. Please follow patient-specific script if modified