

Orthopaedic Sports Specialists, P.C.

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Post Operative Rehabilitation: Elbow Arthroscopy (Posterior Compartment/Valgus Extension Overload, Plica)

Phase I: Immediate Motion Phase

*Goals: Improve/regain full range of motion
Decrease pain/inflammation
Retard muscular atrophy*

A. Day 1-4

Range of motion to tolerance
(Extension/Flexion and Supination/Pronation)
*Often full elbow extension is not capable due to pain.
Gentle overpressure into extension
Wrist Flex/ext stretches
Gripping exercises (putty)
Isometrics wrist ext/flex
Isometrics elbow ext/flex
Compression dressing , ice 4-5 times daily

B. Day 5-10

Range of motion to tolerance
(at least 20-90 degrees)
Overpressure into extension
Joint mobilization to re-establish ROM-
Wrist flex/ext stretches
Continue isometrics
Continue use of ice, compression to control swelling

C. Day 11-14

Range of motion exercises to tolerance
(at least 10-100 degrees)
Overpressure into extension (3-4 times daily)
Continue joint mobilization techniques
initiate light dumbbell program (PRE's)

Biceps, triceps, wrist flex/ext, sup/pronators
Continue use of ice post-exercise

Phase II Intermediate Phase

Goals: *Improve strength/power/endurance*
Increase range of motion
Initiate functional activities

A. Week 2-4

Full range of motion exercises (4-5 times daily)
Overpressure into elbow extension
Continue PRE program for elbow & wrist musculature
Initiate shoulder program (esp ER,RTC)
Continue joint mobilization
Continue ice post-exercise

B. Week 4-7

Continue all exercises listed above
Initiate light upper body program
Continue use of ice post-activity

Phase III Advanced Strengthening Program

Goals: *Improve strength/power/endurance*
Gradual Return to functional activities

Criteria to enter Phase III:

- 1) Full non-painful range of motion
- 2) Strength 75% > of contralateral side
- 3) No pain or tenderness

A. Week 8-12

Continue PRE program for elbow & wrist
Continue shoulder program
Continue stretching or elbow/shoulder
Initiate interval program & gradually
Return to sport activities.