

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.