

ELBOW ARTHROSCOPY REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	PROM advanced to active as tolerated at wrist, elbow, and shoulder	0-2 weeks: Worn for comfort only, discontinue when comfortable	Elbow/hand/wrist ROM, Codman's, grip strengthening PROM as tolerated advanced to AAROM Deltoid and cuff isometrics, scapular stabilizing, protraction/retraction, forearm and wrist strengthening
PHASE II 4-8 weeks	Increase to full as tolerated	None	Advance isometrics Advance to TheraBand's and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility
PHASE III 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

**Patient scripts may vary- please follow script if different