



**TWIN CITIES ORTHOPEDICS**

*Excellence in Research and Education*

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## **AFTER ARTHROSCOPIC ELBOW CAPSULAR RELEASE / POSTERIOR DECOMPRESSION**

### **Phase 1: Immediate Motion Phase**

#### **Goals**

- Improvement of ROM.
- Reestablishing full passive extension.
- Retard muscular atrophy.
- Decrease pain/inflammation.

#### **Days 1-3**

- ROM to tolerance (elbow extension-flexion) (two sets of 10/hour).
- Overpressure into extension (at least 10 degrees)
- Joint mobilization.
- Gripping exercise with putty.
- Isometrics for wrist and elbow.
- Compression and ice hourly.

#### **Days 4-9**

- ROM extension-flexion (at least 5 – 120 degrees).
- Overpressure into extension – 5 pound weight, elbow in full extension (four to five times daily).
- Joint mobilization.
- Continue isometrics and gripping exercises.
- Continue use of ice.

#### **Days 10-14**

- Full passive ROM.
- ROM exercises (two sets of 10/hour).
- Stretch into extension.
- Continue isometrics.

### **Phase 2: Motion Maintenance Phase**

#### **Goals**

- Maintain full ROM.
- Gradually improve strength.
- Decrease pain/inflammation.

#### **Weeks 2-4**

- ROM exercises (four to five times daily).
- Overpressure into extension—stretch for 2 minute (three to four time daily).
- Initiate progressive resistance exercise (PRE) program (light dumbbells).
- Elbow extension-flexion.
- Wrist extension-flexion.
- Continue use of ice postexercise.

#### **Weeks 4-6**

- Continue all exercises listed above.
- Initiate interval sport program.