

Elbow Arthroscopic Debridement/Loose Body Removal Postoperative Rehab Protocol

REHAB PROTOCOL

Immediate Postoperative Phase: 0-2 weeks

Goals	<ul style="list-style-type: none"> • Protect the surgical site and ensure wound healing • Limit pain and inflammation • Prevent stiffness and improve range of motion
Sling	<ul style="list-style-type: none"> • Patient encouraged to wean out of sling as soon as possible
Range of Motion	<ul style="list-style-type: none"> • Progress elbow and forearm range of motion as tolerated • Maintain full active shoulder, wrist, and hand motion
Strengthening	<ul style="list-style-type: none"> • Initiate isometric exercises <ul style="list-style-type: none"> ○ Rotator cuff, deltoid, periscapular musculature

Progressive Motion Phase: Week 2-6

Goals	<ul style="list-style-type: none"> • Restore full, non-painful range of motion • Initiate strength/resistance training • Decrease pain and inflammation
Sling	<ul style="list-style-type: none"> • Patient should be completely weaned from sling
Range of Motion	<ul style="list-style-type: none"> • Continue to progress AROM <ul style="list-style-type: none"> ○ PROM as needed for stiffness, hold at end range as
Strengthening	<ul style="list-style-type: none"> • Initiate elbow isotonic exercises <ul style="list-style-type: none"> ○ Low loads with little to no pain

Progressive Strengthening Phase: Week 6+

Goals	<ul style="list-style-type: none"> • Improve strength, power, and endurance • Prepare for sports/labor specific activities
Range of Motion	<ul style="list-style-type: none"> • Ensure full, painless AROM at this point • For arthritic elbow, continued PROM may be needed at end range
Strengthening	<ul style="list-style-type: none"> • Continue isotonic exercises and progress loads as able • Initiate plyometric training • Initiate sports/labor specific training/activity
Return to Sport	<ul style="list-style-type: none"> • Typically at 12 weeks unless cleared sooner by Dr. Schuette

Please have physical therapist call Dr. Schuette's office with any questions: (952) 442-2163