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REHAB PROTOCOL: Elbow Arthroscopy

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Principles:

1. Immediate start of gentle passive and active assisted ROM from day 1 with the aim to achieve full ROM by 3 weeks
2. Avoid active forceful contraction of triceps for first 3 weeks (no isotonic strengthening before 3 weeks)
3. Achieving preoperative extension is paramount. However, gradual improvement of extension has to be emphasized; complete extension may not be achieved and pushing beyond natural extension limits should be avoided in early phase (know the preop ROM)
4. Thower's ten program starting at 6 weeks
5. Return to throwing program at 10-12 weeks
6. Return to pitching from mound around 4.5 months

Phase I: Weeks 0-6 (Therapy to start on the day of surgery)

Most Important phase of Therapy

Precautions

- Avoid strong Triceps contraction for first 3 weeks
- **NO** Upper Body Ergometer, or Body Blade during this phase

0-4 days (at home)

- Pain control: Ice (15 minutes on x4/day), and anti-inflammatory medications, elevation on pillows when in bed
- ROM exercises

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1. Elbow flexion, extension, supination, pronation: Passive and active assisted
2. Wrist (flexion and extension) and grip strengthening: isometric strengthening

5d-6 weeks (Therapist supervised)

PLAN

- Pain control: ice, heat, modalities, joint mobilization techniques, anti-inflammatory medications
- **Elbow:** Maintain desired ROM with active, passive, and active assisted exercises
 1. Elbow flexion, extension, supination, pronation
 2. Full ROM by 3 weeks
 3. **Achieving preoperative extension is paramount.** However, gradual improvement of extension has to be emphasized; complete extension may not be achieved and pushing beyond natural extension limits should be avoided in early phase (know the preop ROM)
 4. Stretching in all planes with special focus on extension (straightening of the arm)
 5. Strengthening: Isometric strengthening during first 3 weeks and isotonic strengthening to start after 3 weeks
- **Wrist:** ROM and stretching; strengthening (isometric followed by isotonic as tolerated)
- **Shoulder and Scapula:** ROM and isometric RC and scapular stabilizer strengthening
- Use static splinting (JAS splint) if no gains in ROM
- Soft tissue mobilization
- Home exercise program, weighted stretches, static splinting: to be done daily

Phase II: Weeks 6-12

- Continue with Phase I exercises
- Initiate Thrower's ten program
- Shoulder, scapular and wrist strengthening exercises to continue

Phase III: 3 months and beyond

- Continue with Phase II exercises
- Initiate interval return to throwing program (can be done sooner if patient meets the goals)
- Shoulder, Scapular and wrist strengthening exercises



Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Soft tissue mobilization
- ◇ Deep tissue massage
- ◇ Therapists' discretion
- ◇ TENS

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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