

Elbow Arthroscopy Protocol

	Range of Motion	Sling	Therapeutic Exercise
Phase 1 0-4 weeks	As tolerated, focus on full extension	Use sling as needed for comfort. May leave sling off when comfort allows.	Active and Passive Elbow Extension and Flexion Exercises, as well as pronation and supination. Include shoulder isometrics and ROM
Phase 2 4-8 weeks	Maintain full extension and work on flexion	None	Progress to hand bike and strengthening, as well as shoulder strengthening and scapular stabilizers
Phase 3 8 weeks +	Progress to full and pain-free ROM	None	Progress to sport specific training

For procedures performed for release of arthrofibrosis or removal of bone spurs, please make a physical therapy appointment to be seen to day of surgery.

Patient is required to perform stretching and ROM exercises at least three times a day