

ARTHROSCOPIC ECRB RELEASE / ELBOW ARTHROSCOPY

Revised May 2005

Post-op Days 1 – 7

Dressing – Posterior splint for 3-7 days; sutures out first week
Shoulder, wrist, and hand AROM – Do not push into painful ROM
Shoulder shrugs
Ice as needed

Goal – Pain control

Weeks 1 – 2

Splint – D/C
Counterforce Brace (elbow strap) – worn with all exercises except stretches
Continue appropriate previous exercises
Elbow AROM
Gentle Elbow / Wrist stretches
Gentle swimming / aqua-jogging
Stationary bike

Goal – Full elbow AROM

Weeks 2 – 6

Counterforce Brace – Continue
Continue appropriate previous exercises
UBE – Min resistance, gradually increase resistance and time as tolerated
Isometrics x 8 (box plus supination / pronation) – Pain-free, progress as tolerated
Hand squeezing exercises – Putty / sponge
Treadmill – Running progression program
Elliptical trainer (light grip)

Goal – Pain-free ADLs

Weeks 6 – 10

Counterforce Brace – Continue
Continue appropriate previous exercises
PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance
Pushup progression – Wall to table to chair

Goal – Normal elbow strength

Weeks 10 – 12

Counterforce brace – Continue until 12 weeks post-op
Continue appropriate previous exercises
Pushups, regular

Weight training

Goals

Return to full activities including sports
Pass APFT at 4 months post-op