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Rehabilitation Protocol Arthroscopic Elbow Release

Phase I: Early ROM (0 to 4 weeks)

- Soft postop dressing remains in place for the first week.
- Extension splint to be worn at night.
- Dynamic splinting rarely used.
- Initiate ROM exercises 5 times per day:
 - AAROM and PROM into flexion, extension, supination and pronation
 - No restriction on elbow ROM
 - Grip ROM and strengthening exercises
- Notify physician if drainage from portals persists 10 days after surgery.

Phase II: Restore Function (>4 weeks)

- Progress active and passive ROM as tolerated
- Initiate gentle elbow and forearm strengthening
- Discontinue night splint

RETURN TO ACTIVITIES

Computer	as tolerated
Driving	When no longer taking narcotics
Jogging	4 weeks
Swimming	6 weeks
Tennis	8 weeks
Golf	8 weeks
Weight training	8 weeks