

Elbow Arthroscopy Debridement

Physical Therapy Post-op Protocol

Week 1

Primary goal: Allow incision healing

- Sling and bulky dressing on elbow until first post-operative visit (5-10 days)
- Transitioned to lighter dressing to allow motion
 - Brace rarely required unless otherwise stated
- Elevate on pillows to heart level or above
- Begin ball squeezes and wrist/shoulder motion

Weeks 1-6:

Primary goals: initial motion, decrease pain, avoid muscle atrophy

- No ROM restrictions unless otherwise stated
- Gentle stretching towards ROM goals
- Begin passive, active-assisted, and active ROM flexion and extension, supination/pronation
 - Begin with no resistance and gradually introduce Therabands
- May incorporate Blood Flow Resistance (BFR)
- Continue shoulder pendulum and wrist ROM, ball squeezes
- Begin scapular stabilizations
- Begin core strengthening
- Begin Thrower's Ten exercises, if indicated

Weeks 6-12:

Primary goals: achieve full motion, increase strength

- Progress resistance for biceps & triceps
- Blood Flow Restriction
- Continue Thrower's Ten Program, if indicated
- Stretching & ROM program for shoulder
- Continue scapular stabilizations
- Continue ROM exercises for elbow
- Continue core strengthening and introduce balance/proprioception training

Weeks 12+

Primary goals: return to throwing/sport

- Functional assessment of overall physical conditioning and throwing mechanics
- Modify or discontinue formal therapy and implementing home therapy maintenance regimen