

Arthroscopic Elbow Debridement/Release Rehabilitation Protocol

KEVIN KO, MD

Shoulder and Elbow Surgeon
OPA Orthopedics
Seattle, WA

Phase I: Early ROM (*0 to 4 weeks*)

- Soft postop dressing remains in place for the first week.
- Sutures will be removed by physician in 10-14 days.
- 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 restrictions 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.