

Arthroscopic Elbow Debridement/Release Rehabilitation Protocol

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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.