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Postoperative Protocol Elbow Arthroscopy with Debridement / Capsular Release

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-1 PT 1-2x/week HEP daily	Edema and pain control Improve/Regain ROM	Low load, long duration stretch for extension if needed	Wrist, hand ROM Elbow flexion/extension Codman/Pendulum, Scapular isometrics Modalities PRN
Weeks 1-2 PT 1-2x/week HEP daily	Edema and pain control Improve/Regain ROM	Low load, long duration stretch for extension if needed	Work on full elbow extension and ROM to tolerance Begin isotonics for scapula and latissimus Begin forearm stretching, gripping Modalities PRN
Weeks 2-4 PT 1-2x/week HEP daily	Improve ROM Initiate light strengthening Scapulohumeral rhythm	Avoid excessive weight increases	Full elbow ROM Begin isotonics for shoulder/elbow Begin light strengthening wrist/forearm Begin upper body ergometer (UBE) Full upper extremity flexibility program
Weeks 4-6 PT 1-2x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities No racket/throwing sports	Neuromuscular drills Advance shoulder strengthening to overhead activities (IR/ER @90) Continue UE strength and flexibility
Weeks 6-8+ PT 1-2x/week HEP daily	Continue strength and ROM Begin interval throwing/swinging program	No restrictions Return to sport (MD directed)	Full non-painful ROM Begin plyometrics program Initiate throwing protocol if UE athlete