



## REHABILITATION GUIDELINES

### ELBOW ARTHROSCOPY—LOOSE BODY REMOVAL OR CHONDROPLASTY OR PLICA INCISION

#### PHASE 1

DOS:

Begin immediately post-op or after splint removal if applicable.

**Range of Motion:**

- Elbow flexion/extension
- Wrist flexion/extension
- Supination/pronation

#### PHASE 2: BEGIN WHEN PAIN PERMITS AFTER PORTALS SEALED.

DATE:

**Range of Motion:**

- Elbow flexion/extension
- Wrist flexion/extension
- Supination/pronation
- Terminal stretch

#### PHASE 3: BEGIN WHEN AROM IS FULL OR NEAR FULL

DATE:

**Range of Motion:**

- Resistive elbow flexion/extension
- Resisted wrist flexion/extension
- Resisted wrist supination/pronation

#### RETURN TO ACTIVITIES

Weight training: > 6 weeks

Golf: 6 weeks

Tennis: 8 weeks