



Elbow Arthroscopy and Debridement, Loose body removal REHAB Protocol

PHASE I – Acute Phase – (Weeks 1-6)

- Emphasis on progressive elbow ROM as tolerated
- Wrist and grip ROM and strengthening
- Assess scapulothoracic and GH rhythm and correct any abnormalities
- Upper body ergometer
- Modalities as indicated
- Daily HEP

PHASE II – Functional Phase – (Weeks 6-12)

- Continue exercises from pervious phase
- Continue to emphasize elbow ROM
- Elbow and forearm strengthening
- Begin PNF patterns
- Begin endurance training
- Modalities as indicated
- Daily HEP

PHASE III – Maintenance Phase – (Weeks 12+)

- Progress stretching and strengthening program
- Functional and sport specific training
- Phase out supervised rehab
- Advance home program to be done daily