
ELBOW ARTHROSCOPY REHAB
DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS

Phase I – IMMEDIATE (0 to 14 days)

- Elbow Active ROM & Active-Assisted ROM for Flexion & Extension
 - ♦ **Goal:** Maintain Post-op ROM. Achieve minimum of 15° to 105° of motion by 14 days.
 - ♦ Avoid flexion in pronation & valgus load on elbow
 - ♦ Perform ROM with arm adducted close to body.
- Consider extension splinting per surgeons instruction.
- Putty and grip strengthening exercises.
- Isometric strengthening exercises for the elbow and wrist.

Phase II - INTERMEDIATE (Week 2 to Week 6)

- Continue Elbow Active & Active-Assisted ROM exercises.
- Full flexion & extension ROM should be achieved by Week 4-6.
- Begin Active & Active-Assisted Supination & Pronation.
- Begin light isotonic strengthening of flexion & extension.
- Maintain shoulder, wrist, hand strength & ROM.

Phase III - ADVANCED (Week 7- Week 12)

- Continue Active & Active-Assisted Supination & Pronation.
- Full Pronation & Supination should be achieved by the end of the 8th week.
- Progressively increase isotonic strengthening in flexion/extension & pronation/supination.
- Work on any residual motion or strength deficits.

Hany Elrashidy. MD
Sports Medicine, Arthroscopy
Department of Orthopedic Surgery
Tri-Valley Orthopedic Specialists