



Elbow Arthrolysis Rehabilitation Protocol (Open or Arthroscopic) and Milestones

Patient Name: _____

Date: _____

Sling - to be worn for comfort/or to encourage relaxation of overactive biceps

Specific instructions:

1. No passive stretching.

0-1 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early Rehabilitation Exercises.

Continuous Passive Motion (CPM) may be used in some cases – as tolerated, slowly increasing range.

Ensure CPM targeting elbow with no compensation at shoulder.

Encourage active scapular positioning/retraction while on CPM.

1-2 weeks

- Early closed kinetic chain exercises.
- Progressive closed kinetic chain exercises.

2-6 weeks (or sooner if greater than 100 degrees range of movement).

- Isometric extension, supination and pronation strengthening (no flexion).
- Open kinetic chain exercises.
- Theraband extension strengthening (no flexion)

6 weeks +

Once intraoperative range of motion achieved:

- Flexion isometrics.
- Flexion therabands.
- Plyometrics.
- Return to sport.

Milestones:

Tick Box

- ❖ Driving once range of motion and strength are restored
- ❖ Light/sedentary work as able /as rehab allows
- ❖ 8 weeks intraoperative active range of motion achieved.
- ❖ Dependent on pre-op range – 100 Degrees arc of movement
- ❖ Heavy / Manual work as able / as rehab allows
- ❖ Sport dependent on type

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
