

**ARTHROSCOPIC ELBOW
DEBRIDEMENT**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:		Eliminate Sling as Tolerated Ice and modalities to control inflammation ***Begin motion POD #1***
Phase I: (Passive)	Week 0-1	<ul style="list-style-type: none"> • Begin passive progressing to active assisted elbow and wrist range of motion in all planes • Progress full ROM as tolerated • Begin active shoulder protraction/retraction and scapular stabilization exercises
Phase II: (Active/Assistive)	Week 1-4	<ul style="list-style-type: none"> • Maintain program as outlined in weeks 0 to 1 • Continue modalities to control inflammation • Initiate end range of motion stretching as tolerated in all planes • Begin active range of motion in elbow, wrist, and hand in all planes • Begin rotator cuff strengthening • Initiate wrist and hand strengthening • Begin proprioception drills emphasizing neuromuscular control
Phase III: (Resisted)	Week 4-6	<ul style="list-style-type: none"> • Continue with elbow and wrist terminal stretching in all planes • Resisted biceps, triceps, wrist and hand strengthening • Continue with rotator cuff and scapular strengthening program • Proprioception and neuromuscular control drills • Manual resistance and PNF patterns
Phase IV: Advanced strengthening and plyometrics	Week 6-10	<ul style="list-style-type: none"> • Weeks 6 to 10: <ul style="list-style-type: none"> ○ Continue with end range stretching ○ Continue with strengthening ○ Begin global gym strengthening program, progress as tolerated • Weeks 8 to 10: <ul style="list-style-type: none"> ○ Initiate closed kinetic chain strengthening <ul style="list-style-type: none"> ○ Push-up progression ○ Seated serratus push-ups ○ Initiate plyometric drills <ul style="list-style-type: none"> ○ Plyoball wall drills ○ Double arm rebounder drills progressing to single arm