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Shoulder & Elbow Surgeon

## Elbow Arthroscopic Osteocapsular Arthroplasty (Arthroscopic Debridement) Rehabilitation Protocol

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### **Phase I: (0 to 4 weeks after surgery)**

#### Goals: Initiate Motion

1. Patients may remove dressing and shower 5 days after surgery. You may get the incision wet.
2. Sutures will be removed in clinic at your 1<sup>st</sup> follow up visit. These should be left in place.
3. Ice is recommended to reduce swelling and help with pain. You should continue this for the first week at a minimum. Apply the ice to the surgical site 3-4 times per day once the nerve block has worn off.
4. You should not wear a sling.
5. Apply ace wrap to arm to help with swelling.
6. Initiate the following exercise program 4 times per day beginning the day of surgery:
  - i. Active, active assisted and passive motion into flexion, extension, supination and pronation. No restrictions on elbow motion.
  - ii. Grip ROM and strengthening exercises

### **Phase II: (4 to 8 weeks after surgery)**

#### Goals: Progress ROM & Strength

1. Continue Range of motion exercises
2. No lifting restrictions.
3. Initiate gentle elbow and forearm strengthening.