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**ELBOW ARTHROSCOPY REHAB**  
**DR ELRASHIDY – WEBSTER ORTHOPEDICS**

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**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 8<sup>th</sup> week.
- Progressively increase isotonic strengthening in flexion/extension & pronation/supination.
- Work on any residual motion or strength deficits.

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