

## Robert Kollmorgen DO

**ARTHROSCOPIC ECRB RELEASE / ELBOW ARTHROSCOPY***Revised August 2017***Post-op Days 1 – 7**

Dressing – Posterior splint for 3-7 days; sutures out first week

Shoulder, wrist, and hand active motion (AROM) – Do not push into painful ROM

Shoulder shrugs

Ice as needed

**Goal** – Pain control**Weeks 1 – 2**

Splint – D/C

Counterforce Brace (elbow strap) – worn with all exercises except stretches

Continue appropriate previous exercises

Elbow AROM

Gentle Elbow / Wrist stretches

Gentle swimming / aqua-jogging

Stationary bike

**Goal** – Full elbow AROM**Weeks 2 – 6**

Counterforce Brace – Continue

Continue appropriate previous exercises

UBE – Min resistance, gradually increase resistance and time as tolerated

Isometrics x 8 (box plus supination / pronation) – Pain-free, progress as tolerated

Hand squeezing exercises – Putty / sponge

Treadmill – Running progression program

Elliptical trainer (light grip)

**Goal** – Pain-free ADLs**Weeks 6 – 10**

Counterforce Brace – Continue

Continue appropriate previous exercises

PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance

Pushup progression – Wall to table to chair

**Goal** – Normal elbow strength**Weeks 10 – 12**

Counterforce brace – Continue until 12 weeks post-op

Continue appropriate previous exercises

Pushups, regular

Weight training

**Goals**

Return to full activities including sports

at 4 months post-op