



Rehabilitation Protocol Arthroscopic Elbow Release

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PHASE I: EARLY ROM

(0 to 4 weeks)

- Soft post-op dressing remains in place for the first week.
- Sutures will be removed by physician in 7-10 days.
- Extension splint to be worn at night.
- Dynamic splinting rarely used.
- Initiate ROM exercises 5 times per day:
 - AAROM and PROM into flexion, extension, supination and pronation
 - No restrictions on elbow ROM
 - Grip ROM and strengthening exercises
- Notify physician if drainage from portals persists 10 days after surgery.

PHASE II: RESTORE FUNCTION

(>4 weeks)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
- Discontinue night splint.