

Post-Operative Instructions **Elbow Arthroscopy and Plica Excision**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. You may remove surgical bandage after you shower and apply regular bandages to the wounds. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Post Operative Rehabilitation Following Elbow Arthroscopy

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I –Immediate Motion Phase

- **Goals**
 - Improve/regain of range of motion
 - Retard muscular atrophy
 - Decrease pain/inflammation
- **Day 1-4**
 - Range of motion to tolerance (elbow flexion/extension and supination/pronation)
 - Often full elbow extension is not capable due to pain
 - Gentle overpressure into extension
 - Wrist flex/ext exercises
 - Gripping exercises with putty
 - Isometrics for wrist/elbow
 - Compression/ice 4-5 times daily
- **Day 5-10**
 - range of motion ext/flex (at least 20-90)
 - overpressure into extension (4-5 times daily)
 - joint mobilization to re-establish ROM
 - continue isometrics and gripping exercises
 - continue use of ice
- **Day 11-14**
 - ROM exercises to tolerance (at least 10-100)
 - Overpressure into extension (3-4 times daily)
 - Continue joint mobilization techniques
 - Initiate light dumbbell program (PREs)
 - Biceps, triceps, wrist flex/ext, sup/pronators
 - Continue use of ice post-exercise

Phase II –Intermediate Phase

- **Goals**
 - Increase range of motion
 - Improve strength/power/endurance
 - Initiate functional activities
- **Week 3 to 4**
 - Full ROM exercises (4-5 times daily)
 - Overpressure into elbow extension
 - Continue PRE program for elbow and wrist musculature
 - Initiate shoulder program (Thrower's Ten Shoulder Program)
 - Continue joint mobilization
 - Continue use of ice post-exercise
- **Week 4 to 7**

- Continue all exercises listed above
- Initiate light upper body program
- Continue use of ice post-exercise

Phase III –Advanced Strengthening Program

• **Goals**

- Improve strength/power/endurance
- Gradual return to functional activities

• **Criteria to Enter Phase III**

- Full non-painful ROM
- No pain or tenderness

• **Week 8 to 12**

- Continue PRE program for elbow and wrist
- Continue shoulder program
- Continue stretching for elbow/shoulder
- Initiate Interval program and gradually return to sporting activities

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____