

Post-Operative Instructions **Elbow Arthroscopy**

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. Ice packs are 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. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a splint or half cast, you may remove surgical bandage after you shower and regular bandages to the wounds. If you have a 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: _____