



Mercy Sports Medicine Institute &
Joint Preservation Center

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ARTHROSCOPIC ECRB RELEASE / ELBOW ARTHROSCOPY

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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