ELBOW ARTHROSCOPY
LOOSE BODY REMOVAL OR CHONDROPLASTY
OR PLICA EXCISION
Updated 1/2015
Dr. Levene

PHASE I:
Begin immediately post-op or after splint removal if applicable.
Range of Motion:
-Elbow flexion/extension
-Wrist flexion/extension
-Supination/pronation

PHASE II:
Begin when pain permits after portals sealed.
Range of Motion:
-Elbow flexion/extension
-Wrist flexion/extension
-Supination/pronation
-Terminal stretch

PHASE III:
Begin when AROM is full or near full.
Range of Motion:
-Resistive elbow flexion/extension
-Resisted wrist flexion/extension
-Resisted wrist supination/pronation

WEIGHT TRAINING:
>6 WEEKS

RETURN TO ACTIVITIES:
Golf: 6 WEEKS
Tennis: 8 WEEKS