

**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