



ELBOW ARTHROSCOPY LOOSE BODY REMOVAL OR CHONDROPLASTY OR PLICA EXCISION

PHASE I: Immediately post-op or after splint removal if applicable

- Range of Motion:
 - » Elbow flexion/extension
 - » Wrist flexion/extension
 - » Supination/pronation

PHASE II: When pain permits after portals sealed

- Range of Motion:
 - » Elbow flexion/extension
 - » Wrist flexion/extension
 - » Supination/pronation
 - » Terminal stretch

PHASE III: 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