

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Elbow Release (Arthroscopic or Open)

Three times per day home exercise program:

Phase 1: 0-12 weeks

- Sling as needed for comfort
- Edema control:
 - Compressive stocking
 - Elevate above heart on pillows while supine
- Finger, wrist, forearm, elbow unrestricted A/AA/PROM
 - OK for static progressive splinting as indicated
- Precautions
 - Weight bearing as tolerated

Phase 2: 12-18 weeks

- Activities as tolerated (if ROM adequate and pain free)
 - Independent home exercise program, unrestricted strengthening
 - Return to sport
 - Work hardening

More info:

twincitiesshoulderandelbow.com/elbow-stiffness-shoulder-elbow-specialist-minneapolis-saint-paul.html

twincitiesshoulderandelbow.com/elbow-post-traumatic-stiffness-shoulder-elbow-specialist-minneapolis-saint-paul.html