

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Elbow Release (Arthroscopic or Open)

Three times per day home exercise program:

Phase 0: Same and next day therapy session

*(while regional block is active)

- Fabricate removable terminal extension night splint
- Therapist assisted unrestricted PROM

Phase 1: 0-12 weeks

- Sling as needed for comfort (wean out completely by 2 weeks)
- Wear extension splint nightly
- 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
 - Coaching to work on motion for another 3 months at home.
- Return to high level functional ADLs and simulation of work environment



[More info: twincitiesshoulderandelbow.com/elbowstiffness/](http://twincitiesshoulderandelbow.com/elbowstiffness/)

*If ROM is not full (or at least 30-130°) by 3 months post-operative, the patient may benefit from manipulation under anesthesia. If this is a risk for not meeting this goal please contact Dr. Myeroff's office, consider dynamic progressive splinting, and educate the patient on the importance of urgent gains.



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