

Arthroscopic Elbow Debridement PT Protocol

- Sling for comfort, discontinue as tolerated
- Progress rehabilitation as pain and motion allow

Phases I – Passive (Week 1):

- Passive and active ROM
- Elbow flexion and extension
- Wrist flexion and extension
- Forearm supination and pronation

Phase II – Active (Week 2):

- Active ROM with passive stretch prescribed limits
- Elbow flexion and extension
- Wrist flexion and extension
- Forearm supination and pronation

Phase III – Resisted (Weeks 3 to 5):

- Continue with phase II
- Resisted elbow flexion and extension
- Resisted wrist flexion and extension
- Resisted forearm supination and pronation

Phase IV – Weight Training (Week 6):

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- No military press, pulldown behind head, or wide grip bench

Return to Activities:

- Golf: 6 weeks
- Tennis: 8 weeks