

**Grant H Garcia, MD**

2409 North 45<sup>th</sup> Street,  
Seattle, WA 98103  
Wallingford: 206-633-8100  
Ballard: 206-784-8833

Physical Therapy Elbow: Arthroscopy

**Other procedures may be included:**

Loose body removal  
OCD removal  
Microfracture and debridement  
Osteophyte release and capsular release  
Lateral epicondylitis removal.

**Phase I: Immediate Motion Phase**

Goals

- Improve or gain full ROM.
- Decrease pain or inflammation.
- Retard muscular atrophy.

**Days 1-4**

- ROM to tolerance (extension-flexion and supination-pronation). Often full elbow extension is not possible because of pain.
- Gentle overpressure into extension.
- Wrist flexion-extension stretches.
- Gripping exercises with putty.
- Isometrics, wrist extension-flexion.
- Compression dressing, ice four to five times daily.

**Days 5-10**

- ROM exercises to tolerance (at least 20-90 degrees).
- Overpressure into extension.
- Joint mobilization to reestablish ROM.
- Wrist flexion-extension stretches.
- Continue isometrics.
- Continue use if ice and compression to control swelling.

**Days 11-14**

- ROM exercises to tolerance (at least 10-100 degrees).
- Overpressure into extension (three to four daily).
- Continue joint mobilization techniques.
- Initiate light dumbbell program (progressive resistance exercise for biceps, triceps, wrist flexors, extensors, supinators, and pronators).
- Continue use of ice postexercise.

**Phase II: Intermediate Phase**

Goals

- Improve strength, power, and endurance.

- Increase ROM.
- Initiate functional activities.

#### **Weeks 2-4**

- Full ROM exercises (four to five times daily).
- Overpressure into elbow extension.
- Continue progressive resistance exercise program for elbow and wrist musculature.
- Initiate shoulder program (external rotation and rotator cuff).
- Continue joint mobilization.
- Continue ice after exercise.

#### **Weeks 5-7**

- Continue all exercises listed above.
- Initiate light upper body program.
- Continue use of ice after activity.

#### **Phase III: Advanced Strengthening Program Goals**

- Improve strength, power, and endurance.
- Gradual return to functional activities.

#### **Criteria to Enter Phase III**

- Full, nonpainful ROM.
- Strength 75% or more of contralateral side.
- No pain or tolerance.

#### **Weeks 8-12**

- Continue progressive resistance exercise program for elbow and wrist.
- Continue shoulder program.
- Continue stretching for elbow and shoulder.
- Initiate interval throwing program and gradually return to sports and activities.