

MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery

Elbow Arthroscopic Osteocapsular Arthroplasty PT Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
Postoperative Day 1	No restrictions	None	Remove splint, dressings. Remove drain if present (may need to cut drain stitch). Apply steristrip. Apply tubigrib (similar compressive) dressing. Swelling control, decrease inflammation Immediate elbow ROM - supination/pronation, flexion/extension Gentle overpressure in extension/flexion Compression/ice Hand/wrist/finger movement No weight restrictions
PHASE 1: 0-3 weeks Typically 3 days per week	No restrictions	None	Emphasis on elbow ROM as tolerated without restrictions, ok for passive, active, active assisted Swelling control Joint mobilization techniques as needed
PHASE 2: 3-6 weeks Typically 2 days per week	No restrictions	None	Continue exercises Emphasize elbow ROM Elbow and forearm strengthening Modalities as indicated Daily HEP Functional activities
PHASE 3: 9-12 weeks	No restrictions	None	Return to full activity