

Elbow Arthroscopy Postoperative Protocol

Immediate Postoperative Instructions

- **Activity:** May use the sling for 2-3 days and then start to move your arm as you normally would, as pain allow. You may allow your arm to hang in order to extend your elbow. Do not lift anything heavier than 5 pounds.
- **Dressing:** You may remove the dressing in 3 days and then place Band-aids over the incisions for 1 week
- **Shower:** You may allow the wound to get wet in the shower after 3 days when you remove the dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** If you have any questions or concerns, call us at (402) 609-3000.

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing

Physical Therapy Protocol

Phase I: Weeks 0-6

- Discontinue sling when able
- Usually, no formal physical therapy
- Full passive and active motion of the elbow
- No lifting greater than 5 pounds

Phase II: Weeks 6+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching