

ELBOW OCD ARTHROSCOPY/DRILLING/EXCISION PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0-7:

- Sling/splint for comfort
- Hand/wrist/finger AROM as tolerated
- Initiate elbow PROM when pain/swelling allow

____ Weeks 2-4:

- Non-weight bearing to operative arm
- Transition out of sling as pain/swelling allow
- Focus on regaining full elbow ROM – progress to AROM as tolerated
- Initiate isometrics and progress to isotonic as tolerated in available ROM
- Core strengthening initiated as tolerated
- Peri-scapular and shoulder strengthening

____ Weeks 4-6:

- Isotonic elbow, forearm, and wrist strengthening
- May initiate weight bearing IF DRILLING NOT PERFORMED
 - If drilling performed, wait until 6 weeks post op for weight bearing progression

____ Weeks 6-12:

<u>Drilling Performed</u>	<u>No Drilling Performed</u>
<ul style="list-style-type: none">• Initiate weight bearing at 6 weeks• Initiate plyometrics/heavier weight bearing at 8 weeks	<ul style="list-style-type: none">• Initiate weight bearing at 4 weeks per above• Plyometrics/heavier weight bearing at 8 weeks

____ Weeks 12+:

- Progress with weight bearing/plyometric exercises
- Throwing program approximately 3-4 months

Signature _____

Date: _____