Accelerated Elbow Surgery / Debridement Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following accelerated elbow surgery / debridement. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 0-2	• Keep incision clen/dry
	• Maintain/improve range of motion progressing PROM to AAROM
	• Try to achieve symmetry to comparable elbow
	• Decrease pain and protective/compensatory behaviors
	• Maintain fitness of the athlete as able with low impact aerobic exercise
		• **Avoid provocative maneuvers, motions or exercises that cause discomfort**
		• Wear compressive dressing
		• Wean out of sling as able
		• **No lifting > 5 lbs during weeks 0-2**
			General guidelines
			• PROM to AAROM to AROM
			• Maintain full active shoulder, wrist, and hand ROM
			• Initiate isometric exercises
			  • Rotator Cuff
			  • Deltoid
			  • Periscapular
			• Criteria for progression
			  • Minimal pain and tenderness
			  • Improvement of active/passive ROM
			  • Return to functional ROM
			Initial visit
			• FOTO, QuickDASH

Weeks 2-6	• Full active elbow ROM
	• Initiate strength/resistance training
	• Maintain fitness of the athlete as able
		• **Avoid provocative maneuvers, motions or exercises that cause discomfort**
		• **Avoid high velocity or high load activities of the elbow**
		• Slowly advance **5 lb** lifting restriction to unrestricted lifting as able once ROM achieved
			General guidelines
			• AAROM to AROM/ Functional ROM
			• Progress to Isotonic exercises as able with low loads and little to **no pain**
			• Criteria for progression
			  • Full painless active ROM
			  • **No pain or tenderness with strengthening exercises**
			Week 6
			• FOTO, QuickDASH

Weeks 6-12	• Improve total arm strength, power and endurance
	• Progressive, systematic interval program for returning to sports
	  • Overhead athletes
	  • Tennis
	  • Golf
		• Appropriate progression of increased velocity and loaded activities of the arm	**General guidelines**
			• Isotonic strength training exercises with progressive overload
			• Initiation of plyometric training
			• Focus on speed/velocity of movement
			• Sport specific training
			• Functional testing:
			  • HHD if available
			Week 12
			• FOTO, QuickDASH