



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920



## ARTHROSCOPIC ECRB RELEASE / ELBOW ARTHROSCOPY

*Revised August 2008*

### **Post-op Days 1 – 7**

Dressing – Posterior splint for 3-7 days; sutures out first week  
Shoulder, wrist, and hand active motion (AROM) – Do not push into painful ROM  
Shoulder shrugs  
Ice as needed

**Goal** – Pain control

### **Weeks 1 – 2**

Splint – D/C  
Counterforce Brace (elbow strap) – worn with all exercises except stretches  
Continue appropriate previous exercises  
Elbow AROM  
Gentle Elbow / Wrist stretches  
Gentle swimming / aqua-jogging  
Stationary bike

**Goal** – Full elbow AROM

### **Weeks 2 – 6**

Counterforce Brace – Continue  
Continue appropriate previous exercises  
UBE – Min resistance, gradually increase resistance and time as tolerated  
Isometrics x 8 (box plus supination / pronation) – Pain-free, progress as tolerated  
Hand squeezing exercises – Putty / sponge  
Treadmill – Running progression program  
Elliptical trainer (light grip)

**Goal** – Pain-free ADLs

### **Weeks 6 – 10**

Counterforce Brace – Continue  
Continue appropriate previous exercises  
PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance  
Pushup progression – Wall to table to chair

**Goal** – Normal elbow strength

**Weeks 10 – 12**

Counterforce brace – Continue until 12 weeks post-op  
Continue appropriate previous exercises  
Pushups, regular  
Weight training

**Goals**

Return to full activities including sports  
Pass APFT at 4 months post-op

BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

MICHAEL S. MACHEN  
LTC(P), MC  
Chief, Orthopedics