



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

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## ELBOW ARTHROSCOPY

### General Guidelines

- Early gentle range of motion

### Post-op Days 1 – 14

**Goals:** Pain control and early range of motion

- POD 10-14: Sutures out
- Will change splint to elbow brace at first post-op appointment

**Therapy:**

Shoulder, wrist, and hand active motion (AROM) – Do not push into painful ROM

Shoulder shrugs

Ice as needed

### Weeks 2 – 6

**Goals:** Pain free ADLs

**Therapy:**

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)

### Weeks 6 – 12

**Goals:** Full elbow AROM, normal elbow strength, return to full activities

**Therapy:**

Continue appropriate previous exercises

PREs – Wrist curls, reverse wrist curls, supination / pronation against resistance

Pushups, regular

Weight training