

## Elbow Capsular Release (Open or Arthroscopic) Rehab Program

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I –Immediate Motion Phase**

- **Goals**
  - Improvement of range of motion
  - Re-establishing full passive flexion
  - Retard muscular atrophy
  - Decrease pain/inflammation
- **Day 1-3**
  - Range of motion to tolerance (elbow flex/ext) (2 sets of 10/hourly)
  - Overpressure into extension (at least 10 degrees)
  - Joint mobilization
  - Gripping exercises with putty
  - Isometrics for wrist/elbow
  - Compression/ice hourly
- **Day 4-9**
  - range of motion ext/flex (at least 5-120)
  - overpressure into extension (4-5 times daily)
  - joint mobilization
  - continue isometrics and gripping exercises
  - continue use of ice
- **Day 10-14**
  - Full passive range of motion
  - ROM exercises (2 sets of 10) hourly
  - Stretch into extension
  - Continue isometrics

**Phase II –Motion Maintenance Phase**

- **Goals**
  - Maintain full range of motion
  - Gradually improve strength
  - Decrease pain/inflammation
- **Week 2 to 4**
  - ROM exercises (4-5 times daily)
  - Overpressure into extension –Stretch for 2 minutes (3-4 times daily)
  - Initiate PRE program (light dumbbells) elbow ext/flex
  - Wrist ext/flex
  - Continue use of ice post-exercise
- **Week 4 to 6**
  - Continue all exercises listed above
  - Initiate sport program

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_