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## Post-Operative Rehabilitation Following Posterior Compartment Elbow Arthroplasty

### **Phase I: Immediate Motion Phase**

#### *Goals:*

- Improve/regain full range of motion
- Decrease pain/inflammation
- Retard muscular atrophy

#### **A. Day 1-4:**

- Range of motion to tolerance (flexion/extension and supination/pronation)(Often full elbow extension is not possible due to pain.)
- GENTLE overpressure into extension.
- Wrist flexion/extension stretches
- Gripping exercises (putty).
- Isometrics elbow flexion/extension
- Compression dressing, ice 4-5 times daily

#### **B. Day 5-10:**

- Range of motion exercises to tolerance (at least 25°-90°)
- GENTLE overpressure into extension.
- Joint mobilization to reestablish range of motion
- Wrist flexion/extension stretches
- Continue isometrics
- Continue use of ice, compression to control swelling

**C. Day 11-14:**

- Range of motion exercises to tolerance (at least 15°-100°)
- Overpressure into extension (3-4 times daily).
- Continue joint mobilization techniques
- Initiate light dumbbell progressive resistance exercise program: Biceps, triceps, wrist flexion/extension, forearm pronation/supination
- Continue use of ice post-exercise

**Phase II: Intermediate Phase**

*Goals:*

Improve strength/power/endurance  
Increase range of motion  
Initiate functional activities

**A. Week 2-5:**

- Full range of motion exercises (4-5 times daily)
- Overpressure into extension
- Continue progressive resistance exercise program for elbow and wrist musculature
- Initiate shoulder program
- Continue joint mobilization
- Continue ice post-exercise

**B. Week 5-9:**

- Continue all exercises listed above
- Initiate light upper body program
- Continue ice post-exercise

*Criteria to enter Phase III:*

Full non-painful ROM  
Strength > 75% of contralateral side  
No pain or tenderness

**Phase III: Advanced Strengthening Program**

*Goals:*

Improve strength/power/endurance  
Gradual return to functional activities

**A. Week 10-12:**

- Continue progressive resistance exercise program for elbow and wrist
- Continue shoulder program
- Continue stretching for elbow/shoulder
- Initiate interval program and gradual return to sport activities