



## **ELBOW SCOPE LOOSE BODY/POSTERIOR BONE SPUR DECOMPRESSION POST-OPERATIVE GUIDELINES**

### **Phase 1: Post-Operative Recovery (Week 1)**

#### **PRECAUTIONS**

- Avoid pain provoking activities

#### **TREATMENT RECOMMENDATIONS**

- Modalities as needed
- Gripping
- Wrist AROM: flexion/extension/pronation/supination
- Wrist stretches: flexors, extensors
- PROM/active assisted range of motion (ROM)/AROM elbow flexion and extension

#### **CRITERIA FOR ADVANCEMENT**

- Minimal discomfort at rest

#### **EMPHASIZE**

- Reduction of tissue irritability
- Prevention of muscle atrophy
- Restoration of full wrist/hand mobility



## Phase 2: Intermediate (Weeks 2-5)

### PRECAUTIONS

- Avoid pain provoking activities
- Avoid forced end range motion

### TREATMENT RECOMMENDATIONS

#### • Flexibility

- Elbow
  - Progress ROM but do not force motion
  - Avoid aggressive elbow extension
- Shoulder
  - Cross body and sleeper stretch as needed

#### • Exercises

- **Week 2:** Scapular isometrics
- **Week 3:** Rotator cuff (RC) isometrics
  - Prone row, extension
- **Week 4:** RC isotonic
  - Elastic band concentric and eccentric
  - Side-lying external rotation
  - Throwers Ten/ Advanced Throwers Ten
  - Bicep curls
  - Tricep extension
  - Scapula stabilization:
    - Prone T, W, Y, I

### CRITERIA FOR ADVANCEMENT

- Full, pain-free elbow ROM
- Tolerance of scapular and RC exercises without discomfort

### EMPHASIZE

- Restoration of full elbow AROM
- Activation of RC and scapular stabilizers
- Shoulder flexibility



## Phase 3: Advanced Recovery (Weeks 6-9)

### PRECAUTIONS

- Avoid pain provoking activities

### TREATMENT RECOMMENDATIONS

- Progress above
- Strength and endurance in 90/90 shoulder position
- Proprioceptive neuromuscular facilitation diagonals
- Advanced Throwers Ten
- Scapular stabilization
  - Closed kinetic chain quadruped arm protraction
    - Unstable surface
    - Perturbations
  - Wall slide with lower trapezius lift off
  - Dynamic hug
  - Prone T, W, Y, I
- End range stabilization using exercise blade/perturbations
- Core strength/kinetic linking
- Lumbopelvic control
- Double arm plyometrics
- Single arm plyometrics
- Eccentric catches
- Towel drill
- Upper extremity ergometry (if ROM allows)
- Core and lower extremity strengthening

### CRITERIA FOR ADVANCEMENT

- Full shoulder and elbow ROM
- Pain-free plyometrics, endurance exercises
- Pain-free towel drill

### EMPHASIZE

- Restoration of neuromuscular control
- Restoration of scapular and RC muscle balance and endurance
- Initiation of plyometrics



## **Phase 4: Advanced Recovery (Weeks 10-12+)**

### **PRECAUTIONS**

- Avoid painful activities

### **TREATMENT RECOMMENDATIONS**

- Continue plyometrics
- Continue shoulder stretching pre/post throwing
- Continue shoulder RC and scapular maintenance program
- Initiate interval sports program
- Monitor workload

### **CRITERIA FOR RETURN TO SPORTS PARTICIPATION**

- Pain-free progression through interval sports program
- Independent with all arm care exercises

### **EMPHASIZE**

- Return to sports participation