

Elbow Arthrolysis or Debridement

Rehabilitation	
In patient	<ul style="list-style-type: none"> • +/- CPM
On Discharge	<ul style="list-style-type: none"> • Pain advice • hourly exercises • Mobilise, supine with shoulder at 90° • closed chain flexion/extension • Active Pro and Supination • Postural and Scapular education
2 -6 Weeks	<ul style="list-style-type: none"> • Active ROM in all directions • Continue overhead extension • No stretches • Incorporate kinetic chain rehab
6-12 Weeks	<ul style="list-style-type: none"> • Kinetic chain rehab • Functional rehab
12 + Weeks	<ul style="list-style-type: none"> • Return to full function

Sling	For comfort only
Physiotherapy Follow Up	Within 2 weeks of surgery

Milestones	
Full AROM	6 weeks
Driving	6 weeks
Light/Sedentary Work	6-8 Weeks
Heavy/Manual Work	n/a
Sport	Swimming 8-12 weeks

Patient specific instructions