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Shoulder & Elbow Surgeon

Elbow Arthroscopic Osteocapsular Arthroplasty (Arthroscopic Debridement) Rehabilitation Protocol

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Phase I: (0 to 4 weeks after surgery)

Goals: Initiate Motion

1. Patients may remove dressing and shower 5 days after surgery. You may get the incision wet.
2. Sutures will be removed in clinic at your 1st follow up visit. These should be left in place.
3. Ice is recommended to reduce swelling and help with pain. You should continue this for the first week at a minimum. Apply the ice to the surgical site 3-4 times per day once the nerve block has worn off.
4. You should not wear a sling.
5. Apply ace wrap to arm to help with swelling.
6. Initiate the following exercise program 4 times per day beginning the day of surgery:
 - i. Active, active assisted and passive motion into flexion, extension, supination and pronation. No restrictions on elbow motion.
 - ii. Grip ROM and strengthening exercises

Phase II: (4 to 8 weeks after surgery)

Goals: Progress ROM & Strength

1. Continue Range of motion exercises
2. No lifting restrictions.
3. Initiate gentle elbow and forearm strengthening.