



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

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

## POST PROCEDURE PROTOCOL FOR ELBOW PROCEDURES

- **No NSAIDS** such as Advil, Motrin, ibuprofen, Naprosyn, and Aleve x 2 weeks.
  - **Pain:** Tylenol for mild pain and if needed use mild narcotic provided.
  - **Bracing:** If recommended, use brace during sleep the first 2 nights if able. Sleep is more important so if you cannot sleep and use the brace, feel free to remove it.
  - **Driving restrictions:** No driving until you can safely shift and steer the vehicle.
  - **Work restrictions:** Depends on duration of lifting restrictions.
  - **Exercise restrictions:** 2 weeks relative rest then 4 weeks progressive PT.
- Use sling for \_\_\_\_ days, coming out to flex and extend the elbow twice daily
  - Use wrist brace for \_\_\_\_ days
  - You can do gentle wrist flexion/extension exercises after 3 days
  - f/u for PT in 5-7 days

**Activities:** In general, with strength and activities, keep pain level below 4/10.

### First 2 Weeks:

**-Strengthening/Motion:** Isometrics are good for muscles and pain control. Gentle resisted flexion/extension exercises are good. PT will help with range of motion.

**-Walking:** No restrictions.

**-Cycling:** May do gentle ride on stationary bike for 10-15 minutes, then 30 minutes after week 1.

**-Swimming:** No swimming for the first 2 weeks.

### Weeks 2-4:

**-Strengthening/Motion:** Start gentle low load concentric/eccentric exercises with PT. Work on progressive strengthening while keeping pain below 4/10.

**-Cycling:** No restrictions except would stay on exercise bike for 2 weeks.

**-Swimming:** May begin gentle swimming (< or = 50% of usual distance and intensity) at 2 weeks. Keep pain below 4/10.

**-Throwing/rock climbing:** No throwing or rock climbing until after 4 weeks. Do strengthening in anticipation of these activities if desired.

### Weeks 4-6:

**-Strengthening/Motion:** Progress to moderate loading and progressive strengthening of the wrist flexor/extensor muscles.

**-Cycling:** May do road biking and trail biking; avoid mtn biking until 6 weeks.

**-Swimming:** May increase distance and time to 75% of normal. Use buoy for rest.

**-Throwing/rock climbing:** Can begin gentle climbing and return to throwing program at 4 weeks.