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**Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service**

Elbow Arthroscopy and Capsular Release Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: Elbow arthrofibrosis

Frequency: 2-3 visits/week Duration: 4 months

Acute Phase (weeks 1 – 6)

Emphasis on progress elbow ROM as tolerated (no restrictions)

Wrist and grip ROM and strengthening

Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities

Upper body ergometer

Modalities as indicated

Daily HEP

Functional Phase (weeks 6 – 12)

Continue exercises from prior phase

Continue to emphasize elbow ROM

Elbow and forearm strengthening

Begin PNF patterns

Begin endurance training

Modalities as indicated

Daily HEP

Maintenance Phase (weeks 12+)

Progress stretching and strengthening program

Functional and sport specific training

Phase out supervised rehab

Advance home program to be done daily

Please contact us with any questions:

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Physician Signature: