

Elbow Arthroscopy with Treatment of Capitellar OCD Rehabilitation Protocol

	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Sling for 1 week	Gentle Passive ROM	None
Phase 2 2-6 weeks	Wean sling	Advance gentle passive ROM and progress to active assist ROM	ROM exercises Periscapular strengthening No resisted weightbearing or strengthening with elbow Non-weightbearing core exercises
Phase 3 6-12 weeks	None	Full and pain free	Continue periscapular strengthening Begin rotator cuff and deltoid isometrics Maintain ROM Non-weightbearing core exercises
Phase 4 >12 weeks	None	Full and pain free	Continue progressing strengthening