

Elbow Arthroscopic Debridement Rehabilitation Protocol

	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Sling for 1 week	Gentle ROM as tolerated	ROM exercises
Phase 2 2-6 weeks	Wean sling	Progress to full ROM with goal of symmetric ROM by 4-6 weeks	ROM exercises Rotator cuff and periscapular strengthening Core exercises
Phase 3 >6 weeks	None	Full and pain free	Continue progressing strengthening