



## Elbow Arthroscopy Protocol

### Weeks 1-2:

- ROM (ideally full ROM by end of week 2)
- Decrease edema
- Scapular retractions
- Gripping

### Weeks 3+:

- Rotator Cuff strengthening
- Shoulder dumbbell exercises
- Light elbow/wrist exercises (if no pain or swelling)
- Cardio/Abs/ lower body conditioning

### Weeks 4-6:

- Continue above
- Increase Upper Body strength training

### Weeks 6+:

- Initiate interval sport training (if sufficient ROM and shoulder/elbow strength)