

Dr. Curtis Noel's Protocol for:

ARTHROSCOPIC ELBOW DEBRIDEMENT



Sling Use:

Eliminate Sling as Tolerated
Ice and modalities to control inflammation
Begin motion POD #1

Phase I: (Passive)	Week 0-1	<ul style="list-style-type: none">• Begin passive progressing to active assisted elbow and wrist range of motion in all planes• Progress full ROM as tolerated• Begin active shoulder protraction/retraction and scapular stabilization exercises
Phase II: (Active/Assistive)	Week 1-4	<ul style="list-style-type: none">• Maintain program as outlined in weeks 0 to 1• Continue modalities to control inflammation• Initiate end range of motion stretching as tolerated in all planes• Begin active range of motion in elbow, wrist, and hand in all planes• Begin rotator cuff strengthening• Initiate wrist and hand strengthening• Begin proprioception drills emphasizing neuromuscular control
Phase III: (Resisted)	Week 4-6	<ul style="list-style-type: none">• Continue with elbow and wrist terminal stretching in all planes• Resisted biceps, triceps, wrist and hand strengthening• Continue with rotator cuff and scapular strengthening program• Proprioception and neuromuscular control drills• Manual resistance and PNF patterns
Phase IV: Advanced strengthening and plyometrics	Week 6-10	<ul style="list-style-type: none">• Weeks 6 to 10:<ul style="list-style-type: none">○ Continue with end range stretching○ Continue with strengthening○ Begin global gym strengthening program, progress as tolerated• Weeks 8 to 10:<ul style="list-style-type: none">○ Initiate closed kinetic chain strengthening<ul style="list-style-type: none">○ Push-up progression○ Seated serratus push-ups○ Initiate plyometric drills<ul style="list-style-type: none">○ Plyoball wall drills○ Double arm rebounder drills progressing to single arm