



Duke Orthopaedics: Upper Extremity Division

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Arthroscopic Elbow Release

Phase 1 (0-4 weeks): Early ROM

GENERAL PRECAUTIONS AND GUIDELINES

- Soft postop dressing remains in place for the first week
- Sutures removed by physician in 10-14 days
- Extension splint to be worn at night
- Dynamic splinting rarely used
- Notify physician if drainage from portals persists 10 days after surgery

EXERCISES

- Initiate ROM exercises 5x/day
- AAROM and PROM into flexion, extension, supination, and pronation
- No restrictions on elbow ROM
- Grip ROM and strengthening exercises

Phase 2 (>4 weeks): Restore Function

- Progress AROM and PROM as tolerated
- Initiate gentle elbow and forearm strengthening
- Discontinue night splint