



## ELBOW ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

### **You are recovering from arthroscopic elbow surgery.**

*The following information is to help make your recovery as smooth and rapid as possible.*

1. Keep your elbow elevated as much as possible for the next few days. Use your sling as needed for comfort.
2. You may change your dressing on the third postoperative day. Keep a bandage on your incision sites until seen in follow-up.
3. Post-operative bleeding is not unusual. You may reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use cold therapy unit on your elbow for the first 48 hours post-op. Suggested icing is 20 minutes on, followed by 20 minutes off to avoid complications. Use it thereafter for symptomatic relief.
5. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. Post-operative pain is common but should be controlled by the prescriptions given to you.
7. You will be seen in follow-up within the week. Please call our office listed below if you have any questions or concerns.



## ELBOW ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE



### Passive Elbow Flexion

Use your good hand to bend the elbow of the arm that had surgery. Also using your good hand, slowly lower the arm so it is straight. Repeat 15-30 times. Do this 4-6 times per day.

### Ball Squeezes

Place a soft rubber ball into your hand while you are wearing your sling. Gently squeeze the ball and hold the contraction for 3-5 seconds, then slowly relax. Repeat 30 times. Do this 6-8 times per day.



### Active Wrist Extension/Flexion

While wearing the sling, bend your wrist up and down. You may also bend your wrist from side to side and turn your hand from palm facing up to palm facing down (not shown in picture). Repeat 30 times. Do this 4-6 times per day.