



## ELBOW ARTHROSCOPY WITH ULNAR COLLATERAL LIGAMENT RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

**You are recovering from arthroscopic and open 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 until seen in follow-up.
2. Keep your splint or brace on and a bandage on your incision sites until seen in follow-up.
3. Post-operative bleeding is not unusual. 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 at least twice a day and 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 a week. Please call our office if you have any questions or concerns.

## ELBOW ARTHROSCOPY WITH ULNAR COLLATERAL LIGAMENT RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

### Hand Elevation

In a seated position with your elbow immobilized at 90 degrees, use pillows to elevate your arm. Keep your hand elevated for 15-20 minutes. Repeat 4-6 times per day.

### Hand Exercise

Open and close your hand, as if making a fist, then opening your closed fist. Repeat 30 times, 6-8 times per day.

### Shoulder Flexion

While seated or standing, keep your elbow immobilized at 90 degrees and raise your arm forward from the shoulder. Repeat 15-20 times, 4-6 times per day.

### Shoulder Abduction

While seated or standing, keep your elbow immobilized at 90 degrees and raise your arm sideways, away from the side of your body. Move only from the shoulder. Repeat 15-20 times, 4-6 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. Repeat 30 times, 4-6 times per day.