

Elbow Debridement/Drilling

Dr. Widstrom

❖ Schedule OT 2-5 days post-op

❖ Do not issue tennis elbow strap unless ordered by Dr. Widstrom

Time Frame	Treatment	Goals
Post-Op Day: 2-3 days post-op	<ul style="list-style-type: none"> • Evaluate and Treat • Instruct in edema management • Fabricate long arm orthosis with elbow at 90 degrees flxn and forearm in neutral • Instruct in AROM at forearm and wrist • Assess AROM 	<ul style="list-style-type: none"> • Edema management • Orthosis wear and care • HEP
Phase I: 10-14 days post-op	<ul style="list-style-type: none"> • Instruct in scar management techniques • Review HEP • Continue with edema management 	<ul style="list-style-type: none"> • ROM • Scar management • Edema Management
Phase II : 4 weeks post op	<ul style="list-style-type: none"> • May initiate modalities as indicated • Wean out of orthosis during the day, continue use at night 	<ul style="list-style-type: none"> • Update HEP
Phase III: 6-8 weeks post-op	<ul style="list-style-type: none"> • Wean out of orthosis at night • Instruct in light PRE's if pain free <ul style="list-style-type: none"> ○ Grip strengthening ○ Wrist and forearm strengthening <p>If pain continues to be an issue hold off on PRE</p>	<ul style="list-style-type: none"> • Discontinue orthosis • PRE