## Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

## Blow Arthroscopy and Capsular Release Rehab Protocol Prescription

Patient Name:	Date:	
Diagnosis: Bbow arthrofibrosis	Frequency: 2-3 visits/ week	Duration: 4 months

# Acute Phase (weeks 1 6)

Emphasis on progress elbow ROM as tolerated (no restrictions) Wrist and grip ROM and strengthening Assess scapulothoracic and glenohumeral rhythm and correct any abnormalities Upper body ergometer Modalities as indicated Daily HEP

### Functional Phase (weeks 6 12)

Continue exercises from prior phase Continue to emphasize elbow ROM Elbow and forearm strengthening Begin PNF patterns Begin endurance training Modalities as indicated Daily HEP

#### Maintenance Phase (weeks 12+)

Progress stretching and strengthening program Functional and sport specific training

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