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Patient Name:

Date:

Date of Surgery:

**Elbow Rehabilitation:
Arthroscopy / Debridement /
Loose Body Removal**

- Passive stretching wrist extensors & flexors
- Begin with Isometric exercises
 - Begin with elbow flexed
 - Progress to elbow extension
- Wrist extensor strengthening: start wrist curls with 1lb - progress to 12lbs.
- Wrist flexor strengthening
- Grip strengthening (tennis ball squeeze)
- Goal is sprint repetitions to fatigue without pain
- Ice before & after rehab exercises
 - Encourage *active range of motion exercises* (no forced passive ROM):
flex/ext/pronation/supination
 - Focus on re-establishing full extension
- Three times a week for 6-8 weeks

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD