

Release of Stiff Elbow

Release of Stiff Elbow (Arthrolysis Open or Endoscopic) is performed for:

- Post traumatic elbow stiffness.
- Post-operative elbow stiffness.

Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

Time after surgery	Physiotherapy/Support
Immediately post-operation	<ul style="list-style-type: none">• Passive ROM under physio supervision if block is working• Immediate active ROM if nil block and within limits of pain (to the point of a mild stretch) in all directions
6 weeks	<ul style="list-style-type: none">• Continue with active ROM in all directions• Introduce a resistance program if required <p><i>If no progress is made with your ROM- please discuss this with your surgeon.</i></p>

Warning: Overuse/ over activity/ overzealous physiotherapy stretching can cause an increase in swelling and pain. Slow down if this occurs. Use ice and ensure adequate pain relief. If there is no swelling present, warmth can be considered for pain relief.