



Elbow Scope/Contracture Release Protocol

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
1-2 weeks; weane as soon as possible	1 night stay in hospital with CPM	Gentle movements as tolerated	No forced movements

Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

Notes to Physiotherapist

Sling for 1-2 weeks only
 Start active-assisted progressing to active ROM as soon as possible; work on maintaining ROM from surgery
 Ice/massage as need
 Shoulder/Wrist/Hand ROM

Returning to occupational and recreational activities?

Driving 4-6 weeks
 Light work 2 weeks
 Heavy work 3 months
 Run/Road bike 6 weeks
 Gym 3 months
 Swim 3 months
 Tennis 4-6 months
 Contact sports 6 months