**Elbow Release**

Patient and Physiotherapist information

**Procedure details:** This procedure encompasses arthroscopic and open releases of the elbow. Occasionally this includes an ulnar nerve release, or removal of metal or prostheses applied earlier in treatment.

**Goals of treatment:** The aim is restore the elbow and forearm function. The rehabilitation will aim to restore range of motion, settle the reactive change to nerves, prevent scarring to surrounding tendons and allow a timely return to function. Ulnar nerve gliding exercises, and reduction in nerve irritation is an aim of treatment.

**Rehabilitation phases:**

This document can be used with Dr Drynan’s rehabilitation videos, accessed via [www.drdaviddrynan.com.au](http://www.drdaviddrynan.com.au) or Youtube – Dr Drynan Orthopaedics or Link: <https://www.youtube.com/channel/UCbig6cNvW11u42tIYHvGl7w>

**Phase**

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| **Phase** | **Time (days)** | **Restrictions** | **Exercises** |
| 1 | 0--7 | Often just a bulky bandage is applied for the first 3-7 days | Dr Drynan will discuss with you and modify your rehab if required.  Active and active assisted shoulder, elbow, wrist and hand range of motion |
| 2 | 7-42 | Tubigrip for swelling  No swimming until 3 weeks  Keep wounds dry until healed – 2-3 weeks  Use braces and splints as directed – for increasing range – night braces may be required | Active and passive end of range stretches for flexion and extension.  Active use of hand, wrist and shoulder. |
| 3 | 42 days-4 months | Full activities. | Full use of elbow  Continue with passive stretches to maintain elbow range. |

\*\* Talk to Dr Drynan regarding ligament injuries, associated with your injury that may preclude this form of rehab or have certain restrictions