

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



## Patient Flow Sheet

### Arthroscopic Elbow Debridement Steadman\*Hawkins Protocol

Sling for comfort, discontinue as tolerated  
Progress rehabilitation as pain and motion allow.

#### **Phase 1** -(Passive)

Passive Range of Motion

Week 1

Elbow Flexion and Extension  
Wrist Flexion and Extension  
Forearm Supination and Pronation

#### **Phase 2** -(Active)

Active Range of Motion with Passive Stretch to prescribed limits.

Week 2

Elbow Flexion and Extension  
Wrist Flexion and Extension  
Forearm Supination and Pronation

#### **Phase 3** -(Resisted)

Continue with phase 2.

Week 3

Resisted Elbow Flexion and Extension  
Resisted Wrist Flexion and Extension  
Resisted Forearm Supination and Pronation

#### **Weight Training**

Week 6

Keep hands within eyesight, Keep elbows bent.  
Minimize overhead activities  
(No Military press, pulldown behind head, or wide grip bench)

#### **Return to Activities**

Golf

6 weeks

Tennis

8 weeks