

### ELBOW DEBRIDEMENT

This procedure is used for patients with a loose body or early OA changes in the joint. It is also useful for patients with post-traumatic stiffness in the elbow

It is carried out as a day case.

Patients are advised that they will achieve some pain relief from the surgery but that the ROM remains unchanged.

#### Post operatively

- The patient is advised to mobilise the elbow as pain allows

#### 3 months post surgery

- Patient attends for review at Consultant's outpatient clinic
- If doing well, the patient will be discharged from clinic to their GP
- If the patient is struggling with pain, reduced ROM or function, they can be discharged to the care of the physiotherapists

#### Aims of Physiotherapy

- To restore pre-operative ROM in the upper limb, especially at the elbow and forearm
- To improve strength in the upper limb, especially around the elbow.
- Scar management if necessary

#### Return to functional activities

- *Driving* after 2 weeks or when safe
- *Lifting* as able.
- *Swimming* breast stroke at 2 - 3 weeks, freestyle when able.
- *Return to work* light work (no lifting) – as able  
heavy work from 2 months
- *Golf* 2 weeks (but not driving range).
- *Racquet sports* sport specific training when comfortable  
competitive play when able.