
Arthroscopic Elbow Debridement Steadman* Hawkins Protocol

Name: _____ Date: ____ / ____ / ____

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

Phase I: Passive Range of Motion (Week 1)

- Elbow flexion and extension
- Wrist flexion and extension
- Forearm supination and pronation

Phase II: 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 III: Resisted (Week 3)

- Resisted elbow flexion and extension
- Resisted wrist flexion and extension
- Resisted forearm supination and pronation

Phase IV: Weight Training (Week 6)

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench.

Phase V: Return to Activities

Golf: 6 weeks

Tennis: 8 weeks