



**Outerbridge-Kashiwaghi (O-K) Procedure  
Osteoarthritis of the Elbow with multiple loose bodies & spurs  
Arthroscopic Elbow debridement, removal of loose bodies  
Post Operative Rehabilitation Protocol**

**Following Surgery:**

- Expect a surgical bulky dressing and removable splint to be kept in place for 3-4 days.
- Elevate and ice for at least 3 days; gentle full motion of fingers encouraged several times a day.
- Continue elevation as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Your pain may be worst in the first 24-48 hours and then will lessen.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

**3-4 Days Post Op (at home):**

- You may remove your bulky dressing.
- It is important to keep your incision area clean and dry. Okay to shower, pat the incision dry and cover with bandaids.
- Gentle range of motion as tolerated.

**10-14 Days Post Op:**

- Sutures will be removed.
- Expect a flexion/extension splint to maximize elbow movement until 4-6 weeks post op.
- Active Range of Motion (ROM) exercises initiated.

**6 Weeks Post Op:**

- Follow up appointment in clinic with M.D.

**12 Weeks Post Op:**

- Follow up appointment in clinic with M.D.

**Considerations:**

- Expect some loss of elbow flexion/extension.
- Sometimes, ulnar nerve decompression may be necessary for patients with pre-op elbow flexion of less than 100°, or patients with ulnar nerve symptoms pre-operatively.